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20 Sacred Centennial

Former Tomb of the Unknown Soldier sentinels stand watch over 100th-anniversary observances.

28 The American Legion Indy Car

Racing legends take the track in the No. 48 car, supporting The American Legion for the entire 2021 NTT INDYCAR SERIES.

30 A Face for Every Name

In their quest for soldiers' photos, volunteer researchers are renewing ties between the Dutch people and their American liberators. *By Matt Grills*

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- 56 Parting Shots

ON THE COVER

An Army tomb guard stands watch during an American Legion wreath-laying ceremony at the Tomb of the Unknown Soldier at Arlington National Cemetery in Arlington, Va.

Photo by Justin T. Gellerson

SALUTE TO SERVICE

Coast Guard Chief Petty Officer Michelle Roberts, the first female Native American to make the rank, sits on top of a buoy during a transit back to homeport in Bayonne, N.J. On May 15, Armed Forces Day, the nation will honor the men and women currently serving in the six branches of the U.S. military.

Coast Guard photo illustration by Petty Officer 3rd Class Anthony Pappaly

The American Legion Magazine, a leader among national general-interest publications, is published monthly by The American Legion for its 1.8 million members. These wartime veterans, working through 12,000 community-level posts, dedicate themselves to God and Country and traditional American values; strong national security; adequate and compassionate care for veterans, their widows and orphans; community service; and the wholesome development of our nation's youth.





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'The Casualties of K2'

I read with great interest Ken Olsen's article about casualties from K2 (March). My son, Sqt. John Pajak, was there in 2001 and 2002. He told us stories about how the water glowed with chemicals. He returned home with many strange ailments, and despite loving his job as a police officer had to give it up. We are hoping VA will recognize the suffering our soldiers endure because of their tours of duty there. Thank you.

- Robert L. Pajak, chaplain, Aldenville American Legion Post 337, Chicopee, Mass.

I am heartbroken to read about veterans whose health was compromised due to toxic exposure at Karshi-Khanabad (K2) in Uzbekistan, and those who died due to their medical conditions. It is outrageous that they do not qualify for VA service connection due to K2-related health issues. What a disservice it is to denv our veterans the medical care and benefits they and their families have earned.

Thanks to the executive order directing DoD and VA to conduct a one-year study of toxic exposure among K2 veterans, there may be hope. However, studies are not going to help those veterans who are suffering from severe health problems and need immediate medical treatment. They need help now! I hope The American Legion will continue to pave the way to get help for these veterans and their families.

- Glen Ellis de St. Jean, Santa Maria, Calif.

'The Invasion That Never Was'

Ron Basso did a splendid job of storytelling by utilizing first-person accounts of what Operation Downfall might have looked like (March). Interviewing his family, who were on opposing sides during World War II, made it even more interesting. His father and mother-in-law were resigned to deal with the invasion but survived to tell their stories.

Like them, I was part of a battle that never was (Cuban Missile Crisis, 1962), as a Marine infantryman assigned to the first wave ashore. We are truly blessed to be here today.

- William Ober, Huntington, N.Y.

This article really hit home. I was a 19-year-old private, eight months out of high school, in OCS at Fort Benning, Ga. We all knew we were selected not so much because of our abilities as the fact that the invasion of Japan would need lots of second lieutenant platoon leaders. When the war ended, there was a sort of collective sigh of relief that we might survive.

Years later, my wife and I cruised the Pacific, stopping in Kagoshima, site of the first landings of my never-was invasion. I couldn't help but envision the armada that might have been there in 1945. Near Kagoshima was the Chiran Peace Museum for Kamikaze Pilots, which memorializes 1,036 pilots who died on their missions – a haunting reminder of patriotism gone wrong.

- Robert L. Willett, Rockledge, Fla.

The photo on the first page of "The Invasion That Never Was" is interesting to me, because I boarded USS Lyman at Ulithi shortly after the picture was taken. One of our principal duties was to act as a plane guard for aircraft carriers, picking up pilots who missed their landings and crashed into the ocean. The article mentions Okinawa, where a childhood neighbor of mine died. He was a Navy corpsman and was killed while tending to a wounded Marine. Lyman was operating off Okinawa during the battle.

I was able to step ashore the day before the Japanese signed the surrender on USS *Missouri*, which was anchored in sight of *Lyman*. Can it really have been over 70 years ago?

- Dennis W. Shea, Toledo, Ohio

My dad, Navy Lt. j.g. J.S. Allen, was a member of Beach Jumper Unit No. 8, training to fake an invasion to draw kamikaze ships away from the planned landing force of Japan. Before his death in 2012, he told me that none of the members of his unit believed they would survive the mission. Yet they trained with the purpose to save the lives of others. He was grateful President Truman had the courage to end the war.

As a side note, my dad was also a member of Beach Jumper Unit No. 3, which earned the Presidential Unit Citation for its actions in the invasion of southern France. To learn more, visit beachjumpers.com.

– J.S. Allen Jr., Tulsa, Okla.

As a retired Navy submariner and a World War II history buff, I was really moved by this story. The poignancy of the accounts of the soldier and the Japanese civilian really hit home. Their becoming family is amazing considering they could have killed each other. The atomic bomb saved so many lives.

- John Wittenstrom, Pinehurst, N.C.

Public health-care option

I found Sen. Mark Warner's description of a public health-care option (Big Issues, March) as a common-sense addition to the U.S. health-care system to be lacking veracity. It seems obvious that a public option is nothing more than a back door to a single-payer, government-run health-care system.

If such an option were enacted, employers large and small would see a major cost savings in discontinuing employer-provided health care, and you and I would pay for it through higher taxes.

Sen. John Thune speaks of a competitive private-market system. Having owned a small business and worked in private enterprise, I know competition drives prices down.

My hope is that Americans think critically before supporting a public health-care option. If you don't support it, contact your senators and representatives.

- James Scott, Omaha, Neb.

Sen. Mark Warner gave comprehensive reasons why he supports the public health-care option. Sen. John Thune, on the other hand, gives reasons why he dislikes this type of plan, describing the VA system as ineffective and poorly managed. He says more government means more bureaucracy.

Study after study has shown that VA runs as well or better than the private health system. I have a private health plan that allows me to go anywhere for treatment. I also have VA, and that's where I get almost all of my health care. Why? To me and many other vets I talk with, VA is the best.

- John Rusch, Tomah, Wis.

There is no way competition exists or could ever exist within anything the government runs. Government employees get paid regardless of their performance, because the taxpayers are paying their salary. Anyone who thinks that public health care would be a good option has never financially evaluated or experienced "social health care" in a foreign country.

- Debra Petersen, Faribault, Minn.

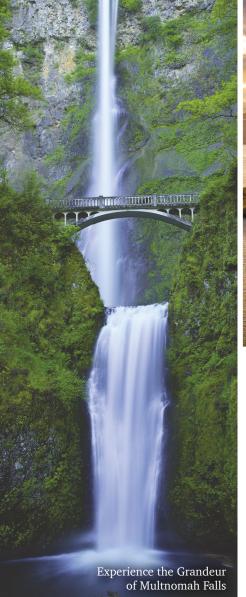
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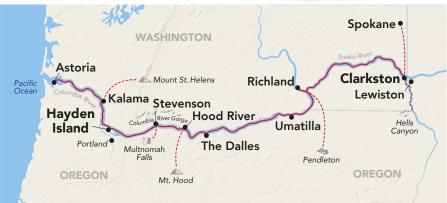
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Honor 'Forever Warriors' with a memorial

Some records should not be broken. Over a decade ago, Vietnam was considered America's longest war. That record has been shattered. Don't get me wrong: after the United States was attacked on Sept. 11, 2001, we had little choice but to strike back hard. Never again could we allow such an evil threat to fester, metastasize and strike our homeland with such fury.

Today, there are men and women defending our nation in uniform who were born after 9/11. Thousands of American lives have been lost or broken fighting the global war on terrorism. An entire generation grew into adulthood without knowing a time when the United States was at peace. Yet there is still no national memorial recognizing these heroic veterans of our new longest war.

In 2017, The American Legion's National Executive Committee unanimously passed Resolution No. 16, calling for the construction of a National Global War on Terrorism Memorial. The NEC doubled down on its support last October by calling for this memorial to be built in a prominent location in the nation's capital. Sen. Joni Ernst, R-Iowa, and Rep. Jason Crow, D-Colo., have introduced legislation that would authorize such a memorial to be located on the National Mall. Both S. 535 and H.R. 1115 have a growing bipartisan list of co-sponsors. The American Legion is urging our members to contact their representatives in Congress to ask them to support these bills.

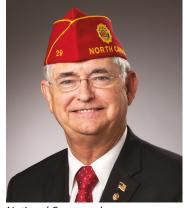
According to the Global War on Terrorism Memorial Foundation, the monument will honor, heal and unite. It also will memorialize a war "with no end in sight, providing a focal point for the nation's continued recognition of those who give their lives to serve and protect us all."

Noble as this purpose is, let's revisit the "no-end-in-sight" clause. In 1798, James Madison wrote to Thomas Jefferson that the question of war should be addressed by the legislative branch rather than the executive. He reasoned that the history of all governments shows the executive branch is the one most interested in war. The framers of our Constitution were great thinkers. It will require exceptional thought to create policies that dissuade more terrorists than they create.

Our armed forces accomplished their original objectives in Iraq and Afghanistan years ago. We removed dangerous regimes. The governments that replaced them have had ample time to rebuild their nations' infrastructures and create their own capable defense forces. This position is the basis for Resolution No. 22, "Addressing the 'Forever War,'" passed by the NEC during its virtual meeting last October. The American Legion calls for the repeal and replacement of the outdated authorizations for use of military force. It also advocates for a civilianled approach of "elevating development and diplomacy alongside a strong defense in order to build a better, safer world."

The American Legion does not support isolationism. We understand the value of alliances and certainly favor the elimination of imminent threats. But imminent is not the same as permanent. It's past time to memorialize and honor those who made tremendous sacrifices on our behalf. It's also time to put diplomacy first.

James W. "Bill" Oyford



National Commander James W. "Bill" Oxford

MEMORANDA

VIRTUAL SPRING MEETINGS

The American Legion National Executive Committee will meet virtually May 5-6, rather than at National Headquarters in Indianapolis. National commission meetings that traditionally occur in the days prior to the NEC meetings will also be virtual. Find the latest news and updates on legion.org.

FOURTH ESTATE AWARDS

The 2020 winners of the American Legion Fourth Estate awards have been announced. The McClatchy publishing company took top honors in the print category for a five-part series on a rise in cancers among veterans in the past 20 years of warfighting, and was honored April 14 in Washington. Other award recipients were Annette Lawless and KAKE in Wichita, Kan. (broadcast), for a daily series on Kansas cold-case disappearances, and the Milwaukee Journal Sentinel (online) for a series on diverting ambulances to more distant hospitals, with at least 21 resulting deaths nationwide. Look for more coverage on legion.org.

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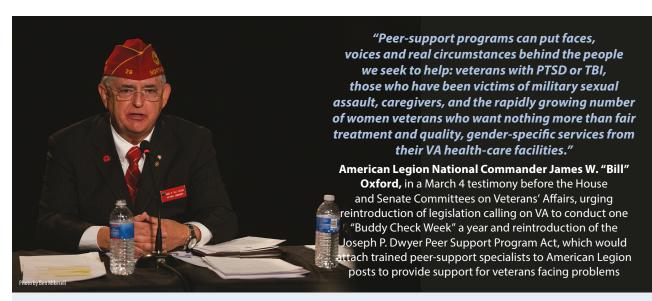
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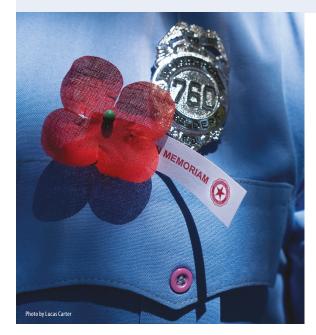
Individual COVID-19 vaccinations conducted by VA on one March day at Herman Kent American Legion Post 777 in Jamestown, N.Y. As vaccines became available across the country in the first quarter of 2021, posts from Butte, Mont., to Fort Myers, Fla., began working with VA to provide venues and access to vaccine for veterans.

\$300,000

Goal in donations 100 MILES FOR HOPI for the second 100 Miles for Hope challenge **FUNDRAISING** before The GOAL American Legion's 102nd **National Convention** in August. Last year's inaugural challenge attracted nearly 5,000 participants and raised over \$150,000 to benefit the American Legion Veterans & Children Foundation.



Active-duty military personnel from Joint Base Lewis-McChord in Washington who, with their spouses, were treated to four days of decompression, camaraderie and free skiing, instruction and gear in February at Lost Trail Powder Mountain near Sula, Mont., thanks to American Legion Post 91 in Corvallis, Mont., and its military reconnect program



National Poppy Day

The red poppy is an internationally recognized symbol of military sacrifice. American Legion Auxiliary units, American Legion posts and Sons of The American Legion squadrons will honor the distinctive symbol May 28 through poppy distributions in their communities, where donations are collected to support American Legion Family programs that help disabled veterans and U.S. military personnel.

On Sept. 27, 1920, the red poppy was declared The American Legion's official flower.

Go to legion.org/poppyday for more history and videos, including a recitation by American Legion Past National Commander John P. "Jake" Comer of "In Flanders Fields," the famous John McCrae poem that associated poppies with remembrance. Also on the site is American Legion Past National Commander Denise H. Rohan's recitation of "We Shall Keep the Faith" by Moina Michael, who brought the poppy phenomenon to the United States after World War I.

90-10 loophole to close

The \$1.9 trillion coronavirus relief package signed by President Biden in March contained a provision that will ultimately bring an end to the so-called 90-10 loophole. The rule has made veterans using the GI Bill



targets of deceptive marketing by for-profit schools, some of which have closed, leaving students without accredited degrees and depleted resources to go to school elsewhere.

The American Legion has pushed for an end to the loophole that excluded GI Bill benefits from the mandate that at least 10% of for-profit institution revenue must come from non-federal sources. GI Bill and DoD education benefits were not treated as federal funds and fell into the loophole. The change takes effect in 2023.



4,999

American Legion posts with color guards/firing squads for ceremonies, according to the national Consolidated Post Report for 2019-2020. According to the most recent CPR, American Legion posts performed thousands of remembrance duties during the year, including **7,169** Memorial Day events, **116,583** funeral honors and **3,214** wake services.



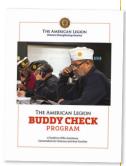
"Houses had busted pipes. There was no water.
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were picked bare. There were people literally who
had no food and no ability to purchase any food."

Bruce White, assistant treasurer of American Legion Riders Chapter 213 in Buda, Texas, after American Legion Family members there helped prepare and distribute 31,000 meals in a six-day period following devastating winter storms in February, working with the CenTex VSO Alliance

FROM NATIONAL TO YOU

New Buddy Check resources

More than 3,600 American Legion posts reported Buddy Check activities in the 2019-2020 membership year. The outreach initiative proved vital to isolated veterans during the COVID-19 pandemic and provided hundreds with food deliveries, medication



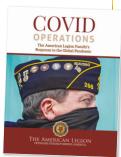
pickup, home maintenance and friendly voices in a time of difficulty.

A new, printable and downloadable toolkit offers posts tips on how to perform successful Buddy Check programs, with sample phone scripts and more to keep the program moving forward and helping veterans and their families. Also available are a sample news release and media alert to let communities know about Buddy Checks and how they help.

R legion.org/buddycheck/tools

COVID Operations: The American Legion Family's Response to the Global Pandemic

A new 84-page illustrated bookazine chronicles nearly a full year of coronavirus pandemic relief efforts by the American Legion Family, coast to coast and around the world. The publication is not only a historical document, but it also serves as a statement that amplifies the meaning of the motto "Veterans Strengthening America."



Now available through American Legion Emblem Sales at **legion.org/emblemsales** or by calling **(888) 453-4466**, the limited-edition bookazines are \$9.95 each, plus shipping and handling.

MyLegion.org upgraded

Members, officers and administrators for American Legion posts and Sons of The American Legion squadrons are encouraged to register their profiles on the redesigned MyLegion.org members-only online platform.

MyLegion.org offers membership resources linking posts, departments and national in a swift and efficient online process to keep records and dues current and accounted for. The platform also offers members quick and easy ways to change addresses or phone numbers, read *The American Legion Magazine* in a dynamic digital format, learn about membership benefits and more.

Learn more and register a profile:

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\$15 federal minimum wage



SUPPORT

Sen. Tammy Baldwin, D-Wis.

■ Baldwin is a member of the Senate Committee on Health, Education, Labor and Pensions.



THE HEART OF THE ISSUE

Supporters of a federal minimum wage

increase believe the current rate of \$7.25

is unlivable. Opponents argue that

a higher minimum wage would be

overly burdensome on employers

and lead to significant job losses.

OPPOSE

Sen. Roger Marshall, R-Kan.

■ Marshall is a member of the Senate Committee on Health, Education, Labor and Pensions.

Nobody should work 40 hours a week and make only \$15,000 a year. But today millions of Americans are working full time, and with the current federal minimum wage of \$7.25, they are living in poverty.

The last federal minimum wage increase was in 2009. After 12 years of working without a raise and struggling to make ends meet, American workers desperately need and deserve a raise. That's why I'm proud to support the Raise the

Wage Act of 2021, introduced in the House and the Senate on Jan. 26. This long-overdue reform would gradually increase the federal minimum wage to \$15 per hour by 2025.

According to an independent analysis by the Economic Policy Institute, the Raise the Wage Act would increase wages for nearly 32 million Americans, including nearly 2 million veterans who are working hard but still struggling in this ongoing economic crisis caused by the COVID-19 pandemic. Raising the minimum wage would generate \$107 billion in higher wages for workers, lifting millions out of poverty and putting more money in the hands of working people to support small businesses and stimulate local economies.

Today's minimum wage doesn't buy what it once did, whether you're a student paying for tuition or a worker simply trying to support a family and build a better life. I believe our nation's economy is strongest when we expand opportunity and provide everyone a fair shot at getting ahead. Let's work across party lines to make an honest day's work pay more by raising the minimum wage.

Like many of my fellow veterans, my first job paid minimum wage. I worked at a sale barn for \$1.60 per hour in 1976, scooping manure. Within a month's time, I worked hard and got a dime raise. This job supplemented my income and helped pay

for my college.

We all know one size doesn't fit all, and in Manhattan, Kan., \$1 stretches further than \$1 in Manhattan, N.Y. Recently, more red-tape efforts to force a federally mandated \$15 per hour minimum wage were

shot down for being outside the Senate rules. However, this battle is not over, and we must continue to combat these attacks on America's small businesses.

This minimum-wage hike would have killed nearly 1.4 million jobs, including 34,000 in Kansas. Many veteran small-business owners are already struggling to make ends meet and retain employees due to COVID-19, and raising the minimum wage would have been devastating to their efforts.

As a doctor, I always end with a message of hope. Our economy is recovering, we're predicting a high GDP growth this quarter, and we have great health-care news, with three vaccines in distribution. We're working quickly to vaccinate veterans and achieve herd immunity.

While some are laser-focused on hampering small businesses with red tape and burdensome mandates, we must keep our eye on the ball and focus on getting more shots in arms, getting people back to work, opening our economy and putting our children back in schools.

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How to restart your fitness journey

BY JENNIFER CAMPBELL



Editor's note: Before starting a new diet or strenuous physical activities, be sure to get clearance from your primary care physician.

Studies indicate that veterans have a higher rate of being overweight than the general population. For

example, one study classified 73.3% of male veterans as overweight, while 53.6% of women veterans were in that category.

Being overweight is especially troubling as it is often a precursor to disease. If you want to take charge of your weight and health but feel overwhelmed, here are some simple steps to start a workout plan or renew your fitness program:

ASSESS YOURSELF First, take some baseline measurements and assessments to understand limitations and track progress. It will be helpful to retest every four to eight weeks.

- Take your pulse rate before and immediately after walking 1 mile.
- Measure how long it takes to walk a mile, or how long it takes to run 1.5 miles.
- Count the number of standard or modified pushups you can do at a time.
- Test your hamstring flexibility. How far can you reach forward while seated on the floor with your legs in front of you?
- Measure your waist circumference.
- Record your body mass index. BMI equals weight in pounds, divided by your height in inches squared, multiplied by 703. For a person who is 6 feet tall and 200 pounds, it would be 200 / 144 x 73 = 27.1. That is considered overweight, falling outside the normal range of 18.5 to 24.9.

Use these metrics to build a fitness plan while considering your goals. Are you starting a fitness program to lose weight, or are there other motivations, such as preparing for a race or The American Legion's second annual 100 Miles for Hope challenge? (Learn more at **legion.org/100miles**.) Having specific goals can help you tailor your plan.

Trainer tip: Put your plan and progress on paper. Seeing progress can reinforce your goals, encouraging you to stay on track.

BE CONSISTENT Creating a balanced routine also means staying consistent. Health experts recommend adults get at least 150 minutes of moderate aerobic

activity or 75 minutes of vigorous aerobic activity a week, or a combination of the two. Guidelines suggest spreading out exercise over the course of a week. Don't worry if you can't meet the suggested guidelines; even small amounts of physical activity are helpful. Being active for short periods of time throughout the day can add up to provide health benefits. Work toward goals that are appropriate for your fitness level.

Trainer tip: Try to get an hour of brisk walking in per day. If you can't do a full hour, aim for two 30-minute sessions throughout the day. If 30 minutes isn't feasible, break it up into four 15-minute sessions.

VARY WORKOUTS I also recommend a broad range of exercise in your fitness program, including:

- Strength training Adding strength or resistance training to your routine will help build muscle, which in turn helps burn fat. Weight-bearing exercises force you to work against gravity, increasing bone density and reducing the risk of osteoporosis.
- Cardio Steady state cardio such as walking, jogging, biking or swimming in which you maintain a steady heart-rate range is a staple in cardiovascular health and also targets a heart rate to put you in a fat burning zone.
- HIIT In high-interval intensity training, or HIIT, you
 perform short bursts of high-intensity activity
 separated by recovery periods of low-intensity activity.
 Make sure you are choosing a heart-rate range that is
 appropriate for your physical condition.

Trainer tip: Start conservatively and progress slowly. If exercise is new to you or you've taken a long hiatus, start cautiously and progress slowly. If you have an injury or a medical condition, consult your doctor or an exercise therapist for help designing a fitness program that gradually improves your mobility, strength and endurance.

PRIORITIZE RECOVERY Good intentions can often be the downfall of fitness progress. Working out too long or too intensely can lead to people giving up when their muscles and joints become sore or injured.

Trainer tip: Plan time between sessions for your body to rest and recover. Regular rest days – as well as stretches, warmups and cooldowns – are all essential parts of recovery.

Army veteran Jennifer Campbell is a certified personal trainer and holds a master's degree in nutrition education. She works with veterans and civilians, from elite athletes to those just starting their fitness journeys. She is the commander of American Legion Post 43 in Hollywood, Calif.

Media Bakery

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More than abs

A strong core has health benefits.

BY MARK L. FUERST

Core strength is not always a rippling six-pack on models using exercise machines in infomercials. Yes, well-defined front abdominal muscles may indicate a strong core, but full-body core strength involves much more.

The definition of core strength is the strength of the underlying muscles of the torso – that is, the muscles around your trunk and pelvis. Besides abdominal muscles, your core also includes your pelvic muscles, mid-back and lower-back muscles, and hip muscles. Almost 30 muscles attach to the core. Together, they work to support your spine and even your skull, and enable your body to move as one integrated unit.

Imagine your core muscles as the central link in a chain connecting your upper and lower body. A strong core improves the transfer of power to and from your limbs. This strengthens and stabilizes the torso, and also teaches the muscles to work together efficiently and effectively, which aids in preventing injuries.

A strong core has multiple health benefits:

■ Balance and stability Training your core muscles to work in harmony leads to better balance and stability. The core stabilizes the body, facilitates proper weight distribution, and assists in the absorption and transfer of forces. This helps provide a secure center of gravity at rest or when you move your limbs. It also allows you to move in any direction, even on bumpy terrain, or stand in place without losing your balance.

Your dynamic balance (while body parts are in motion) improves as your core strength increases. So a strong core can reduce your risk of falling.

- Physical activities Strong core muscles are also important for performing physical activities. Core muscles allow you to bend, twist, flex, extend, step, jump and sit up. Golf, tennis and other racquet sports, biking, running, swimming and many other athletic activities are powered by a strong core.
- Back pain Well-balanced, resilient core muscles can help relieve low back pain. Core strength helps reduce discomfort, improve mobility and improve support for the spine if you have acute or chronic pain.
- Posture and breathing A strong core aligns the spine, ribs and pelvis, and helps you stand tall with your limbs in alignment. Importantly, good posture lessens wear and tear on the spine and allows you to breathe deeply. When you stand up straight, you open your airways, making it easier to breathe.
- Daily activities Basic daily activities call upon your core: bending to put on shoes or pick up a package, sitting in a chair, or simply standing still. Carrying groceries, getting a glass from the top shelf, vacuuming the floor and gardening also engage your core.

Mark L. Fuerst is a Brooklyn-based health and fitness writer.

Gerofit

VA offers a supervised exercise program called Gerofit, which is designed to improve balance and side-to-side movement, and to build strength in the core and legs through specially designed exercises.

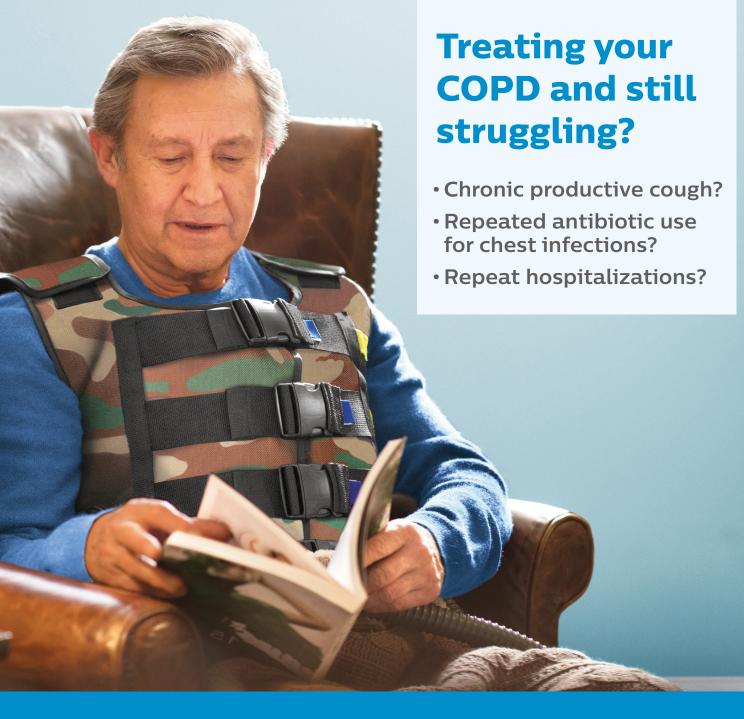
Gerofit includes a wide palette of options, ranging from tai chi, line dancing, walking and balance exercises to stair climbers and weight machines. The goal is a personalized program tailored to one's individual needs, in a fun group atmosphere.

All veterans are given a personalized exercise prescription and guidance for the Gerofit program, which is led by trained exercise staff, including physiologists, nurses and physical therapists. Gerofit was developed at the Durham (N.C.) VA Medical Center in 1986, and is offered at 17 VA health-care systems nationwide.



Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice.

Readers should consult their physicians when they have health problems.

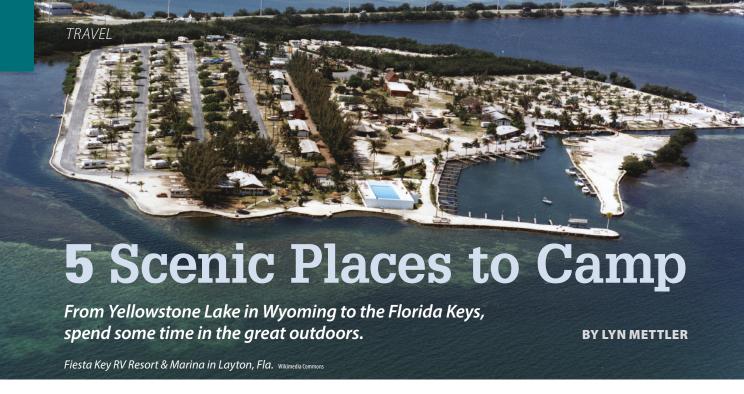


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For a vest therapy information kit, call 833.208.5324 or visit www.respirtech.com/VA





Craving fresh air, the beauty of nature and maybe some adventure? Here's a short list of breathtaking camping sites to consider for your summer road trip, offering ocean views, mountain hikes and even volcanoes:

FISHING BRIDGE, YELLOWSTONE NATIONAL PARK, WYOMING Camping inside Yellowstone is a great way to enjoy one of the nation's most popular parks when it's not so crowded, at night and in the early morning. Located on a side of the park that tends to be less busy, the Fishing Bridge RV park is near Yellowstone Lake, America's largest high-elevation lake and a volcanic caldera. One can also find hiking trails (including one to a mud volcano!), an amphitheater for ranger programs, general store, laundry and showers.

FIESTA KEY RV RESORT & MARINA, FLORIDA KEYS If you're looking for Florida sunshine without crowds, consider this RV park, which is located on its own island. The 28-acre resort on the Gulf of Mexico has campsites and oceanfront, as well as an on-site hotel, restaurants, pool, basketball court and more. Fiesta Key is about 70 miles from Key West and offers a 20% discount for active and retired military.

FORT STEVENS STATE PARK, OREGON

Located in northwest Oregon on Coffenbury Lake, Fort Stevens is the site of a military fort used from the Civil War to World War II. Visitors can explore the fort with its concrete artillery gun batteries, as well as a shipwreck on the beach. The 4,300-acre park also has 9 miles of bike trails, 6 miles of hiking trails, disc golf and other activities. Choose from RV sites, tent sites, yurts or cabins.

TWELVEMILE BEACH CAMPGROUND,

MICHIGAN Head to the Great Lakes to see the beautiful Pictured Rocks along Lake Superior in Michigan, with Twelvemile Beach Campground as your homebase. Located at the very top of Michigan, across Lake Superior from Canada, Twelvemile Beach is a rustic campsite without cell service or electric and water hook-ups. Advance reservations are required. Campers have access to the beach and several trails to explore the area's sand dunes, sandstone cliffs, waterfalls, lakes and forest.

SMUGGLER'S DEN CAMPGROUND, MAINE

The only national park in the Northeast but one of the 10 most visited, Acadia National Park in Maine boasts rocky coastlines, mountains, forests and 150 miles of hiking trails. Smuggler's Den, which borders Acadia, is on Mount Desert Island and offers access to 25 miles of hiking trails right from the campground. Available are more than 100 sites for RVs and tents, as well as cabins you

can rent. Pets are welcome. Active and retired military can stay two nights for free, June 4-5 or June 5-6.

Lyn Mettler is a freelance travel writer who blogs at **gototravelgal.com**.

45%
Survey participants who say they plan to engage in "revenge travel" – taking extra trips or splurging after the pandemic – according to a recent poll by LuggageHero

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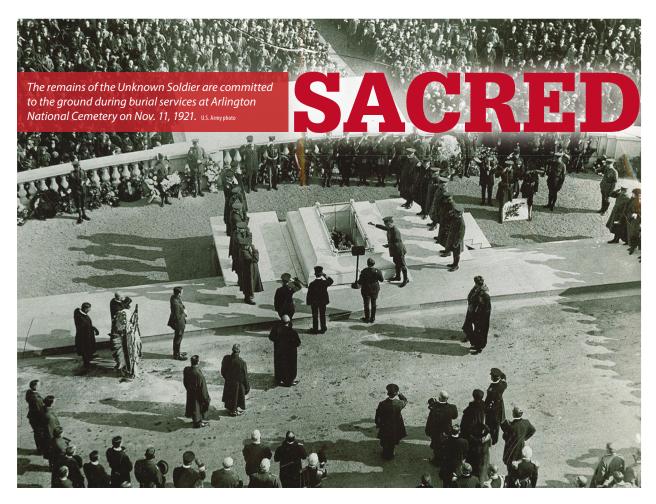


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L. McIlvenna retired from military service in 2012 after nearly 23 years in uniform. As a soldier, he conducted peace and contingency operations in northern Iraq, Bosnia, Baghdad and Africa, serving as a sniper team leader and operations sergeant major. He received multiple combat citations, including the Legion of Merit, the Bronze Star and about two dozen others.

One decoration, however, is far rarer than the rest. McIlvenna is one of fewer than 700 soldiers through history who have worn the Guard, Tomb of the Unknown Soldier badge.

In 1999, McIlvenna and three other former sentinels created the Society of the Honor Guard, Tomb of the Unknown Soldier (SHGTUS), of which he is now president. An Oregon State Police trooper and member of American Legion Post 1 in Paris, McIlvenna discussed the 100th anniversary of the tomb with *The American Legion Magazine*.



Gavin L. McIlvenna, former sentinel, now helps lead 100th-anniversary observances for the Tomb of the Unknown Soldier.

What is the Society of the Honor Guard, and how did it come to life?

In 1998, the 3rd U.S. Infantry Regiment – the Old Guard – brought together former tomb guards for the 50th anniversary of the regiment assuming the duties at the tomb on April 6, 1948. From this meeting, the four founders got together to develop the society. We wanted to continue to serve as we did at the tomb, creating an organization that educates people on the history behind the Tomb of the Unknown Soldier and each of the Unknowns buried on the east plaza of

the Memorial Amphitheater, and provides assistance to the current platoon, former tomb guards and their families.

What does the society do in support of activeduty tomb quards and their families?

We support them in a variety of ways, including scholarship opportunities, mentoring, and material support when something they need to continue the mission cannot be obtained through official channels.

CENTENNIAL

Former Tomb of the Unknown Soldier sentinels stand watch over 100th-anniversary observances.

Can you describe the bond among those who have served as tomb quards?

The bond is difficult to capture in words, but the experiences we shared through the generations is unique, much like those who serve in combat. One of my best friends is a tomb guard, Jim Cardamon, who walked in 1957-1958 – before I was born. We served on the same relief (1st Relief), and when we talk, we find that not much has changed from his time to mine. Knowing the training process we all have to go through, and the fact that many just cannot rise to the standards we set, makes our small group of soldiers that much more unique. This bond continues with the families of deceased tomb guards in ways that I have not seen in my military career. I interact weekly with family members. They have become my extended family.

Describe your time as a sentinel and what it means to you.

My time at the tomb was almost at the middle of my military career, so I brought my experiences of deployments and loss of brothers in the field to my assignment as the 1st Relief commander. I think having experience outside the regiment made me quickly grasp the *why* behind our duty at the tomb. This tomb is not just a big piece of marble or, as some have described it, "a rock." There is an unknown American resting under the tomb and in each of the crypts. Each one represents so much more than a conflict; they represent the heart of America and what it truly means to serve and sacrifice for others. I look back fondly on my time at the Tomb of the Unknown Soldier, and like most former tomb guards wish I could be there again standing the watch.

What are some myths about tomb guards?

About 10 years or more ago, someone sent an email that found its way on social media and has been circulating ever since. In that, it talked about how tomb guards don't drink or smoke for the rest of their lives, remain celibate, don't curse ... and other nonsense about the men and women who

stand the watch at the Tomb of the Unknown Soldier. This – and just the public not understanding the mission of the platoon – has created plenty of myths and rumors. The society runs an educational program free to everyone that talks about the history of the Tomb of the Unknown Soldier, each of the Unknowns buried at the Memorial Amphitheater, as well as the tomb platoon itself. How to set up this presentation in your community or school can be found on our website, tombguard.org.

How do you intend to celebrate the tomb's centennial in 2021?

We are planning to include as many people and organizations as possible that have ties to the Tomb of the Unknown Soldier. This includes Native American tribes, naval and Marine forces of our nation, as well as our foreign allies. We have gained many staunch supporters for our initiatives and created new bonds with organizations such as the Gold Star Mothers and Daughters of the American Revolution, to name a few.

What about The American Legion's place in the tomb's history?

The American Legion is uniquely connected, starting with Congressman Hamilton Fish III of New York. He served during World War I with the 369th Infantry Regiment "Harlem Hellfighters," and through this service and his experiences on the battlefield, he drafted the legislation which brought home the World War I Unknown Soldier in 1921. The American Legion also provided a uniformed member to assist the honor guard as they escorted the Unknown Soldier from the selection site in Châlons-en-Champagne on Oct. 24, 1921, to Paris, via train. That uniformed member of the Legion remained with the Army honor guard while the train stayed the night in Paris before moving on to the port of Le Havre the next day, where they met USS Olympia.

Since that time, The American Legion has provided the outside lighting system still in use

today, making the duties of the tomb guards easier at night.

How will the centennial be recognized in Europe?

We are working with the French government, American Legion Paris Post 1, Veterans of Foreign Wars, the State Department, Le Souvenir Français and the Association of the United States Army on planned ceremonies in October, where we will visit the cemeteries and battlefields associated with each of the four candidates who were selected for ceremonies on Oct. 24, 1921. We will represent our nation during the 100th anniversary of the selection by Sgt. Edward Younger at Châlons-en-Champagne, as well as the anniversary of the departure of the World War I Unknown Soldier from France.

As a society, we will also pay our respects to the French Unknown Soldier in Paris. The French people expressed their deep sympathy and respect for our Unknown Soldier in 1921, and as two nations, our bond extends back to when they supported our independence from Great Britain. This is a special time to reaffirm that bond between nations, as well as citizen soldiers.

Will there be any commemoration at sea?

We are working with the Naval History and Heritage Command on developing a ceremony at sea that honors and remembers the events that occurred in May 1958 during the final selection of the World War II Unknown Soldier aboard USS *Canberra*, where the trans-Atlantic and trans-Pacific candidates were brought together for the final selection. The Unknown candidate not

selected was buried at sea, the only time in the Unknown Soldier history that this occurred. Also present during this ceremony was the Korean War Unknown Soldier, and we have found that there are many who don't know this history.

What is on the agenda for Arlington National Cemetery?

On Nov. 9-10 of this year, you will see the public have an opportunity to come onto the plaza, where the tomb guards walk, and lay an individual flower at the Tomb of the Unknown Soldier. This will re-create the events that happened in 1921 when the public came into the U.S. Capitol Rotunda, where the Unknown Soldier lay in state, and paid their individual respects. There will also be a special procession on Nov. 11 for the national Veterans Day observance.

What about other locations?

There will be a special ceremony on Oct. 25, 2021, at the Independence Seaport Museum in Philadelphia, where USS *Olympia* is currently docked. This ceremony will mirror one planned in France, at Le Havre. The historians and living history crew have been great to work with over the past years as we have highlighted special aspects of the ship as they relate to the Unknown Soldier from World War I, and *Olympia's* difficult journey home in 1921. You can find information on the ceremony on both of our websites,

tombguard.org and phillyseaport.org.

We are working with the Naval History and Heritage Command on developing ceremonies at key locations across the globe that have important ties to the history of the Unknown Soldiers from

THE AMERICAN LEGION AND THE TOMB OF THE UNKNOWN SOLDIER

Dec. 21, 1920 American Legion founding leader U.S. Rep. Hamilton Fish III introduces a bill to authorize a return to the United States of the remains of one unknown soldier who lost his life fighting in the Great War. The American Legion strongly supports the measure, which passes.

Oct. 24, 1921: Sgt. Edward F. Younger selects the third casket from the left among four unidentified U.S. soldiers who were earlier exhumed from their graves. The chosen soldier is transported from France to Washington D.C., aboard USS Olympia. The other three are interred at the Meuse-Argonne American Cemetery in France, where they remain today. The chosen Unknown Soldier would lie in state at the U.S. Capitol Rotunda until ceremonies at Arlington National Cemetery.



Nov. 11, 1921: President Warren G. Harding and the Allied generals of the Great War, flanked by American Legion members, dedicate the Tomb of the Unknown Soldier at Arlington.

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"Someone has put these words into the mouth of the Unknown Soldier, as he speaks to the summit conferences of the world: 'We could tell them so much, for we who have come through this hell have learned so much more about what peace means, as we have made a bomb run through the flak. But now we are voiceless' Ah, but they are not voiceless. Their graves are not silent. They speak. They speak with unmistakable utterances. They remind us of what God expects of us and of this nation we profess to love. Memories, I know, carry us back into the past. But on an occasion like this, the past warns us to look into the future and make certain that war will not visit us again."

American Legion National Chaplain Rev. Feltham S. James, during his memorial address at the 40th National Convention, Sept. 2, 1958

1958 and 1984. As these become solidified in Italy, Cuba and Hawaii, we will publish them on our website.

There will be a Joint Naval Symposium on Nov. 9 at the historic Navy Yard. This symposium will bring together all our national naval forces, including the Marine Corps and Coast Guard, and talk about how they accomplished the vital missions to bring the Unknown Soldiers home in 1921, 1958 and 1984. There will also be a dedication of a special historical plaque at the exact spot, at the exact time, 100 years later, when the World War I Unknown Soldier finally returned home aboard USS *Olympia*.

How can people get involved?

Everyone can participate in the centennial of the Tomb of the Unknown Soldier right now by dedicating, or rededicating, a garden as a Never Forget Garden. This project was based on the World War II Victory Garden concept and provides individuals and organizations a special garden to remember those who have served and sacrificed for our nation. Many times, people simply cannot make the trip to Washington, D.C., to visit the Tomb of the Unknown Soldier, and this Never Forget Garden can act as a proxy to the tomb. We have been working with the American Rose Society to identify the variety of roses used in 1921, and they fully support the Never Forget Garden. Our website has a packet on how to create a Never Forget Garden.

Legionnaires can also take the lead in their own communities by coordinating with other veterans and civic organizations and participating in the national salute on Nov. 11. This project asks citizens in every community to ring bells 21 times at 11 a.m. on Nov. 11. We suggest following this up with a moment of silence, much like what was done during the interment of the World War I Unknown Soldier on Nov. 11, 1921.

March 26, 1926 Following vandalism and other less-thanrespectful activity by random visitors of the tomb, sunset-to-sunrise surveillance of the site by armed military personnel begins, at the urging of The American Legion.

July 2, 1937 Approval is given, after American Legion insistence, for 24-hour military guarding of the Tomb of the Unknown Soldier.

Aug. 3, 1956 President Dwight D. Eisenhower signs an American Legion-supported bill to select and honor the unknown military personnel who died fighting in World War II and the Korean War, who will be added to separate crypts on the tomb plaza on Memorial Day weekend, 1958.

May 31, 1958

American Legion
National Commander
John S. Gleason
presents the
organization's
prestigious
Distinguished Service
Medal to the
Unknown Servicemen
of World War I, World



War II and Korea the day after they are interred in a ceremony at Arlington National Cemetery.

March 15, 1969 Legionnaire President Richard M. Nixon flips the switch to permanently light the tomb and the amphitheater temple façade. Nearly \$200,000 was raised for the project by The American Legion, as its 50th-anniversary "gift to the nation."

May 28, 1984 President Ronald Reagan acts as next of kin and accepts the interment flag for a then-Unknown Soldier of the Vietnam War, whose remains are added to a third crypt.

June 30, 1998 The Department of Defense formally identifies, through DNA testing, that the Vietnam War Unknown Soldier is Air Force 1st Lt. Michael Joseph Blassie, who was shot down near An Lộc in 1972. His remains are exhumed and repatriated to his family, and the Vietnam War crypt that contained his remains is vacant today.



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loud and clear. A straightforward list-based menu makes navigating the phone simple. EASY TO ENJOY Wherever you go, a built-in camera makes it easy and fun for you to capture and share your favorite memories. And a built-in reading magnifier and LED

flashlight help you see in dimly lit areas. With all the features you need, the Lively Flip also comes with a long-lasting battery, so you won't have to worry about running out of power.

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What is it about the tomb that makes it so meaningful for visitors?

As we have looked through our history, we have found that many times monuments dedicated to certain conflicts lose their relevance as those who fought during those conflicts pass along. It is important to remember that the Tomb of the Unknown Soldier is not a monument; it is the grave of the World War I Unknown Soldier, who represents all the fallen from that conflict. In the crypts reside the remains of Unknown Soldiers representing (other) conflicts. The center crypt, which used to hold the remains of the Vietnam Unknown Soldier, is empty but is dedicated to those who are missing in action. History has shown the Tomb of the Unknown Soldier's relevance has only grown since 1921, much like what (U.S. Rep. Hamilton) Fish intended.

While many in the public come to watch the changing of the guard, there are millions of families that come to the tomb to honor and remember their loved ones' service in sacrifice to this nation. There are many in our nation who have no grave to visit. Lost at sea, missing in flight or simply never returning ... the Tomb of the Unknown Soldier is where these families can be with their loved ones, regardless of the conflict or period they served in.

It is the sentinel who walks the mat in eternal vigilance that represents our nation's commitment to those who set aside their personal liberties to serve the nation, and those who have fallen in her defense. People can see this tangible commitment from our nation in the sentinel, who stands the watch 24 hours a day, seven days a week. Tomb guards see young people suddenly understand the meaning of service and sacrifice as they watch the changing of the guard, which is difficult to teach from a book. Young and old once again feel the pride of being an American, and everyone comes away affected in some manner.

What do you hope the centennial will do to build awareness for the future?

I think the biggest thing we would like the public to take away during the centennial is the fact that the Tomb of the Unknown Soldier has a vast history on so many fronts and is the one place in our nation where we can come together as Americans – regardless of our personal beliefs, religious preference, race or politics – and honor and remember the service and sacrifices of so many of our fellow countrymen. The centennial is an opportunity for us to express our love for country and all who stand the watch to keep her safe.

TOMB REPLICA TO TRAVEL IN 2021

A half-scale Tomb of the Unknown Soldier traveling replica, maintained and managed by the Exchange Club of Rome, Ga., is scheduled to be on display for the public at various locations across the country in 2021, including:

May 29-31 Coosa Valley Fairgrounds, Rome, Ga.

June 3-5 Pine Mountain, Ga.

Aug. 13-15 Valley Forge Foundation Center, Valley Forge, Pa.

Sept. 1-5 Hartwell, Ga.

Sept. 8-11 Peabody Hotel, Memphis, Tenn.

Sept. 11-12 Quincy, Ill.

Sept. 23-25 Truett McConnell University, Cleveland, Ga.

Oct. 5-9 Coosa Valley Fairgrounds, Rome, Ga.

Oct. 12-15 Covington, La.

Nov. 4-6 Manchester, Ga.

Nov. 9 and 11 Rome, Ga.

For more events, visit tombguard.org.



INDEPENDENCE SEAPORT MUSEUM, PHILADELPHIA

USS Olympia (C-6), the oldest U.S. steel warship still afloat – known for its battle record and for having returned the Unknown Soldier to America in 1921 – is moored at the Independence Seaport Museum in Philadelphia, where centennial commemorations are planned, including:

May 25 – A Brown Bag MOVIE Club virtual film showing and Zoom panel discussion (noon Eastern) offers participants an opportunity to follow along at home about difficult journeys home, much like the one the World War I Unknown Soldier took in 1921. Visit phillyseaport.org/events for film rental and participation information.

May 28/Memorial Day Weekend – A special exhibit opens May 28, followed by a 10 a.m. Eastern event to unveil a historic marker aboard USS *Olympia*.

Oct. 25 – A commemoration ceremony is planned to recognize the 100th anniversary of the departure of the World War I Unknown Soldier from Le Havre, France, to the United States in 1921 and USS *Olympia's* challenging mission to bring him home.

Nov. 9 – A ceremony matching those at the Navy Yard in Washington, D.C., will commemorate the 100th anniversary of the World War I Unknown Soldier's arrival to the United States aboard USS *Olympia*.



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50-54	\$12.35	\$10.15	\$19.92	\$16.25	\$38.83	\$31.50	\$95.58	\$77.25
55-59	\$15.28	\$11.50	\$24.79	\$18.50	\$48.58	\$36.00	\$119.96	\$88.50
60-64	\$18.50	\$13.75	\$30.17	\$22.25	\$59.33	\$43.50	\$146.83	\$107.25
65-69	\$22.08	\$17.05	\$36.13	\$27.75	\$71.25	\$54.50	\$176.63	\$134.75
70-74	\$29.53	\$22.30	\$48.54	\$36.50	\$96.08	\$72.00	\$238.71	\$178.50
75-79	\$38.65	\$30.70	\$63.75	\$50.50	\$126.50	\$100.00	\$314.75	\$248.50
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Two of auto racing's biggest names will be behind the wheel of the American Legion-branded No. 48 car in 17 NTT INDYCAR SERIES events across the country in 2021. NASCAR legend Jimmie Johnson moves to open-wheel competition this year and will race on street and road courses, while INDYCAR veteran Tony Kanaan is driving ovals, including this year's Indianapolis 500 on May 30.



2021 NTT INDYCAR SERIES SCHEDULE

APRIL

18 Barber Motorsports Park (Birmingham, Ala.), 3 p.m. 25 Streets of St. Petersburg (Fla.), noon

MAY

1 Texas Motor Speedway (Fort Worth) Race 1, 7 p.m. 2 Texas Motor Speedway (Fort Worth) Race 2, 5 p.m. 15 Indianapolis Motor Speedway (road course), 2:30 p.m. 30 105th Indianapolis 500, 12:45 p.m.

12 Raceway at Belle Isle Park (Detroit) Race 1, 2 p.m. 13 Raceway at Belle Isle Park (Detroit) Race 2, noon 20 Road America (Sheboygan, Wis.), noon

ON

JIMMIE JOHNSON

"Both my grandfathers served – one in the Army, one in the Navy. My grandmother on my father's side actually did some test flying for pilots. Their pride and influence in defending our homeland and protecting our freedoms were ever-present for me as a child."

- Seven-time NASCAR Cup Series champion
 - Began NASCAR Cup Series career in the No. 48 car in 2001
 - 83 wins, 232 top-five finishes, 374 top-10 finishes and 36 pole positions
 - Two-time Daytona 500 winner (2006, 2013) and four-time Brickyard 400 winner (2006, 2008, 2009, 2012)
 - Competing for NTT INDYCAR SERIES Rookie of the Year honors, driving the street and road courses in 2021
 - Only race car driver to be named Associated Press Male Athlete of the Year



TONY KANAAN

- 20th Indianapolis 500 start in 2021
- Entering his 24th season in major open-wheel racing in the United States
- Began in the CART series in 1998
- 2013 Indianapolis 500 winner and 2004 NTT INDYCAR SERIES champion
- 17 career open-wheel victories, including one CART win in 1999 and 16 INDYCAR wins
- Racing all the oval tracks on the 2021 schedule, including the Texas Motor Speedway on May 1-2 and the Indianapolis 500 on May 30



JULY

4 Mid-Ohio Sports Car Course (Lexington), noon **11** Streets of Toronto, noon

CARVANA

AUGUST

8 Streets of Nashville, 5:30 p.m.

14 Indianapolis Motor Speedway (road course), 12:30 p.m.

21 World Wide Technology Raceway (Madison, III.), 8 p.m.

SEPTEMBER

12 Portland International Raceway, 3 p.m.

19 WeatherTech Raceway Laguna Seca (Monterey, Calif.)., 3 p.m.

26 Streets of Long Beach (Calif.), 3 p.m.

All races air on NBC or NBC Sports, Eastern time. Schedule subject to change.



In their quest for soldiers' photos, volunteer researchers are renewing ties between the Dutch people and the families of their American liberators.

BY MATT GRILLS

or Kathy McDermott, her search began with a short tribute she left on a Find A Grave web page: "Remembering the sacrifice of my mother's cousin, Bill G. Hartley."

Researchers in the Netherlands saw her post and contacted McDermott, asking what she knew about Hartley, who was killed in action at Millingen, Germany, in the final months of World War II. Determined to put faces with the names of all U.S. soldiers buried and memorialized at Margraten, they hoped she might have a photo of him.

McDermott said she didn't, but after digging online, she found a grainy picture in a newspaper clipping about Hartley's death and sent it on. Best she could do.

Months later, though, she woke in the middle of the night with the sudden thought that she might have a photograph of Hartley after all. She pulled out her great-grandmother's album, and there was the original photo that ran on the front page of the *Vincennes Sun-Commercial* on March 28, 1945.



The boys of Margraten

Between November 1944 and May 1945, more than 18,000 U.S. servicemembers were buried in a temporary cemetery at the Dutch village of Margraten. Some were killed in Operation Market Garden; many more fell fighting in the Hürtgen Forest, the advance toward the Rhine and the Allies' final push into Germany. That spring, Dutch families adopted and decorated the graves of the Americans' "boys." Nearly 10,000 dead would be repatriated before the Netherlands American Cemetery opened in 1960.



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Every other year, during the week of Dutch Remembrance Day on May 4, visitors to the Netherlands American Cemetery come face to face with Hartley and thousands of other Americans who died freeing Nazi-occupied Europe.

Soldiers gaze out from photos mounted beside their grave markers and at the foot of the Walls of the Missing – some solemn, others smiling, all young and alive. Called "Faces of Margraten," the display is an intimate way to contemplate their sacrifice.

"It's different than just looking at a stone and reading a name," says Sebastiaan Vonk, 28, the Dutch historian who founded the program seven years ago. "People have a lot of questions: What was he like? How old was he? When you see a face next to that headstone and you're able to look into his eyes, you connect on a personal level. Ultimately that helps achieve your goal to make sure they're not forgotten."

The COVID-19 pandemic resulted in the cancellation of last year's event, but when "Faces of Margraten" returns – this year or in 2022 – it will have at least 8,100 photos, up from 3,300 at its launch in 2015.

Vonk and his fellow researchers at the Fields of Honor Foundation have spent a decade scouring newspaper archives and genealogy websites to locate families of the cemetery's war dead, which includes six Medal of Honor recipients and four women. "Faces of Margraten" is an extension of their main project: a database of all U.S. servicemembers buried or memorialized at six American cemeteries in Belgium, France, Luxembourg and the Netherlands.

With thousands of individual pages still missing photos, more volunteers are joining the search. Talking with Carla Mans, the Dutch researcher who contacted her about her cousin, McDermott realized her own genealogy experience might be of use to Fields of Honor. She's working on a list of names from Indiana, and in March, she submitted her 100th photo.



'I cried for the first time'

A cab pulled up with a telegram addressed to his mother. In rural Texas, young Larry Kilmer knew immediately what that meant.

His father, demolition specialist Sgt. Thomas Kilmer, was placing charges on a damaged bridge near Jena, Germany, when it collapsed, killing everyone on and under it.

"There was a choice at that time

of bringing the body back to the States or having him buried overseas," Larry says. "I was 12 years old, and I can remember my mom asking me. We decided to leave him where he was."

In the two years since Carla Mans contacted him for a photo, he and the Dutch researcher have become close friends. She also helped put Larry in touch with descendants of the family who adopted Thomas Kilmer's grave in 1945.

"They grow flowers in their garden and cut them and take them to decorate it. We use Google Translator to talk to each other. When they said they'd been taking care of my father's grave all these years, I actually cried for the first time."





'He's at peace'

Not long after Pfc. Milton "Wayne" Kleckner's family learned he'd been killed in the Battle of the Bulge, letters started arriving from a couple caring for his grave at Henri-Chapelle in Belgium.

Kleckner's widow, with their 3-year-old son Thomas in tow, walked two blocks to the home of the high school French teacher, who translated the messages and helped her respond.

As years passed, the families fell out of touch, and Thomas asked about bringing his father back to Indiana for burial. "Mom said, 'He's at peace, let him be,'" he says.

He'd like to know who visits his father's grave today. When Kathy McDermott contacted him on behalf of Fields of Honor, Thomas shared several cherished photos – including one of Kleckner's squad on Dec. 14, 1944, eight days before his death, and another of an Army chaplain kneeling at his original grave site, marked by a white wooden cross.

"The older I get, the more emotional I am about all this."

10,023

U.S. servicemembers buried or memorialized at the Netherlands American Cemetery in Margraten 8,100+

Photos collected for the "Faces of Margraten" program 34,000+

Personal memorial pages in the Fields of Honor database, for U.S. servicemembers buried or memorialized at six American cemeteries in Europe

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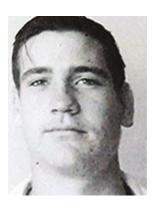


"You build a family tree but in reverse, looking for the descendants," she says. "You look for obituaries and news stories to try to find somebody who's still alive. Usually it's out of the blue for them, but it's a great feeling to let them know people have not forgotten their soldier and are interested in perpetuating their story."

At 19, Mans' father helped dig graves at Margraten. And like thousands of other Dutch families, her grandfather adopted one: Sgt. John Lynch of Massachusetts.

At the first "Faces," Mans saw flowers at Lynch's grave but no photo, and she resolved to find one. In an appeal through the Pawtucket Police Department, she finally located his relatives. She still talks with Lynch's youngest brother, Raymond, who's in his 80s.

So far, Mans has found 280 photos for Margraten and 70 for other cemeteries. She's also put American families in touch with their grave adopters, and vice versa. "It's always worth the waiting," she says. "We become a kind of second family."



'I had no idea'

When Jeannine McKinnon got a call asking if she was the niece of Pfc. George Ratliff, she was somewhat confused. Her grandfather was George. Her mother had a brother who died

in the war, but his name was Bobby.

Talking with Kathy McDermott and looking through old papers for a photo, McKinnon learned that her uncle, George Robert Ratliff, came ashore at Omaha Beach a month after D-Day and helped liberate Saint-Lô. He was killed by a sniper at Ossenberg after voluntarily covering his squad's reorganization from an exposed position. He and Hartley, McDermott's cousin, served in the same company and died the same day.

Ratliff's mother received his posthumous Silver Star at an American Legion hut in Springdale, Ark.

"Everything kind of died with Granny, and what was left died with my mom," she says. "It's heartwarming to know that someone is remembering a person I never met."



The American Legion's Netherlands post

With nearly 200 members, Margraten Post NL01 is active and growing fast. The only American Legion post in the Netherlands, it's a close-knit group of veterans, U.S. military civilians and and active-duty personnel stationed around the country's borders with Germany and Belgium.

"When we get together, it's all warm arms, slaps on the back and joking," says Dennis Owens, who served two years as commander before stepping down in March. "The camaraderie is fantastic. We have a tremendous amount of fun."

An Air Force veteran, Owens has lived in Germany since 1994, working on AWACS aircraft as a NATO civilian. At post meetings and activities, he likes to wear an American Legion watch that belonged to his grandfather, a World War II Navy veteran who was commander of Paradise Post 259 in California 50 years ago.

Owens is proud of that legacy, and he's proud of Post NL01. Two years ago, it moved into the building it shares with Dutch veterans in the town of Kerkrade, and has buzzed with activity since. Prior to COVID-19, the post hosted U.S. Ambassador to the Netherlands Pete Hoekstra and a group of visiting World War II veterans. It also supports American Legion youth programs, sponsoring Oratorical winners and Cub Scout Pack 100.

"We love the chaos of the Pinewood Derby in our home, with 150 kids running around, racing their cars," Owens says.

In matters of remembrance, post members are devoted to their namesake cemetery, turning out in large numbers to assist at a Wreaths Across America event and place photos beside graves for the biennial "Faces of Margraten" program.

"Our post has the distinct honor of being named for the U.S. cemetery at Margraten, with its 8,301 crosses and Stars of David and 1,722 names on the Walls of the Missing. We carry the pride of Margraten on our caps."

Dennis Owens, American Legion Department of France vice commander at large and past commander of Margraten Post NL01





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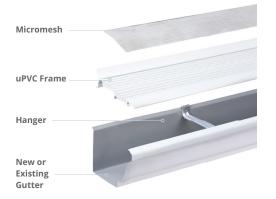
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While Fields of Honor does not maintain adopt-a-grave programs, the foundation is grounded in Dutch gratitude for their American liberators. Vonk applied for a grave in 2006, before ever visiting the cemetery. Assigned to Cpl. Lawrence Shea of Brooklyn, N.Y., he needed to know more.

"That's what got me involved in all this, just doing the research and trying to locate his family," he says.

Linda Lameir Chernek still hopes to find a living relative or photo of her fallen hero, Pvt. Lonnie Green, an African-American soldier from Knoxville, Tenn. She decorates his grave often, remembering that it was Americans who freed her grandfather from the concentration camp at Dachau.

"It's a special thing," she says.

She and her husband Mark, a member of American Legion Margraten Post NL01, adopted graves 13 years ago at her urging. "This is something the Dutch people cherish," he says. "It's not taken lightly."

Many inherit the responsibility, like Bram Borsboom. "When my grandfather died and my grandmother became too old, she passed the adoption to my mother, and my mother passed it to me," he says.

Since 1945, Borsboom's family has decorated Pfc. Bill Hartley's grave. But only recently have they learned more about him – that he was 19 years old when he died, and that his older brother, Loren, was killed on Okinawa a month later.

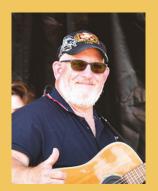
In emails, Borsboom and McDermott share what they know. She recalls how the boys' mother continued to wash, iron and fold their clothes, in case the military was wrong and they came home. "I never once saw her smile, but now I know why," she says. "She didn't have any smile left."

In an emotional letter kept by Borsoom's grandparents, though, she thanked them for tending Bill's grave. "Leona Hartley was very grateful for that," he says. "I always tell people it is the least we can do."

Matt Grills is managing editor of The American Legion Magazine.

Learn more about the Fields of Honor database and the "Faces of Margraten" program online:

fieldsofhonorfoundation.com



"When I walk in Margraten, I carry on my shoulders my mates who died for their brothers. It's something I hold very dear to my heart."

Mark Chernek, past sergeantat-arms, American Legion Margraten Post NL01

David Americo, former superintendent at the Netherlands American Cemetery, says he could count on the Margraten post, whatever the need. "They were always available, in force, from the commander on down" – typical of the strong relationship shared by The American Legion and the American Battle Monuments Commission, he adds.

Post NL01's new commander, Joshua Steinlicht, is a 22-year Army veteran who served in Iraq and Afghanistan. Last year, he appeared in a short video for "Faces of Margraten," and helped locate photos of four soldiers from his home state of Illinois. He's also led his son, Isaac, and his Cub Scout den in placing Dutch and U.S. flags at graves.

"It means a lot that I get to teach them about our heroes," he says, calling it an experience that will "last them a lifetime."

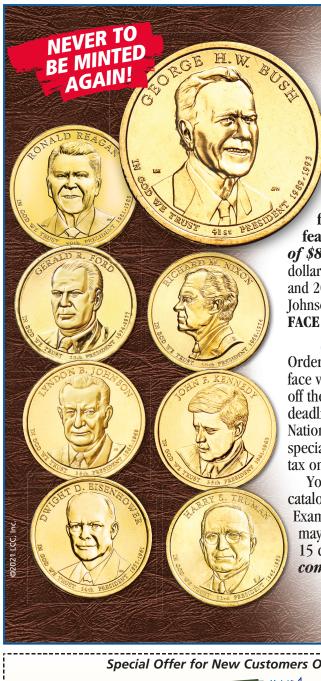
For years, Mark Chernek and his wife, Linda, have honored requests from family and friends in the United States to place flowers at relatives' graves. A musician, Chernek also performs two songs he wrote – "We Will Never Forget," about the grave-adoption program, and "The High Price of Freedom" – for veteran tour groups at Margraten's chapel.

"I do it because of the friends I've lost in combat," he says. "It's a connection. We're family."

In December, the cemetery temporarily closed due to COVID-19 measures. Post member Daniel LiBrando, a Coast Guard officer at Allied Joint Force Command Brunssum, looks forward to his first visit when it reopens. "It's not far from where I live, so it's always on my mind," he says. "To any family of these fallen servicemen back home in America, rest assured that your loved one is certainly not forgotten here at Margraten."

– Matt Grills





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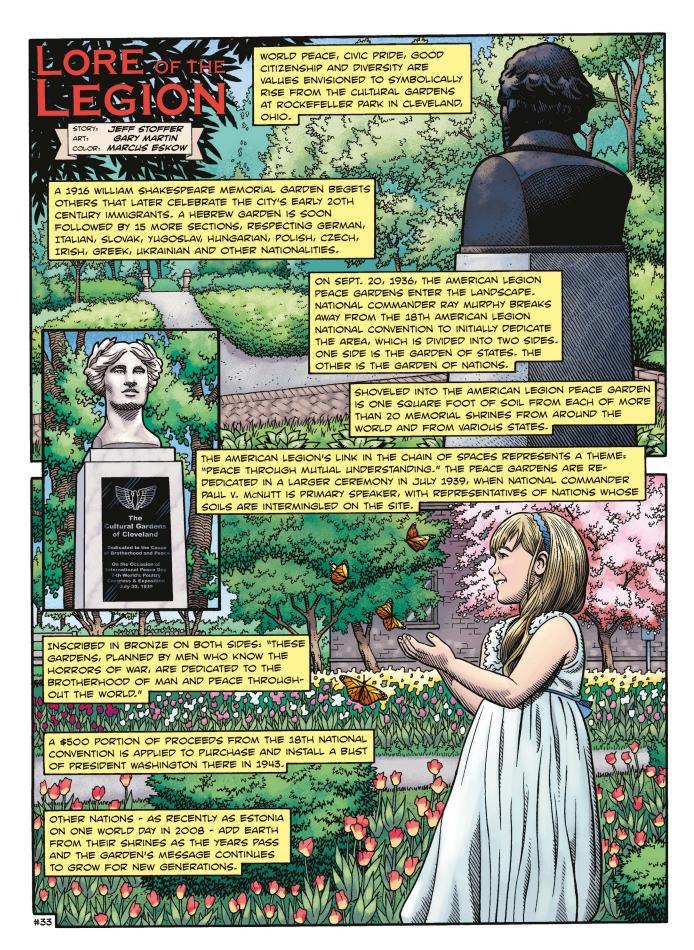
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FITNESS

10 things to know about 100 Miles for Hope



The American Legion's second annual 100 Miles for Hope challenge kicked off April 1, but there's plenty of time to register, embrace fitness and wellness, and support the Veterans & Children Foundation (V&CF). Here is a by-the-numbers look at the campaign and the charity it benefits:

1 You! The American Legion needs your support to make this year's 100 Miles for Hope as successful as the first edition in 2020.

2 Options to register. Participants can sign up on Kilter, or visit Emblem Sales to register. Either way, the fee is \$20, and participants will receive their medals later this summer.

Commemorative items available. Visit Emblem Sales to purchase 100 Miles for Hope T-shirts, baseball caps, sweatshirts, pins, challenge coins and vest patches.

 ${f 30}$ Minimum number of minutes required for an activity to count

42 Minimum number of activities that count. Participants can also manually add activities, such as riding a motorcycle or gardening, but each needs to be at least 30 minutes.

100 Percentage of proceeds from registrations and merchandise purchases that go toward V&CF

100 Activity goal for participants to reach during the challenge

160 Days participants have to reach the goal

 $\mathbf{300,000}$ Goal, in dollars, to be raised for the foundation

Millions Veterans, servicemembers and family members who have received or will receive assistance from V&CF. The foundation funds the work of accredited American Legion service officers who provide free assistance to disabled veterans who are trying to get their earned VA benefits. It also provides grants for military families in need through the Legion's Temporary Financial Assistance program.

Get registered

To sign up, choose one of two options. The Kilter app allows participants to track their activities and encourage friends



and family members to support their journey with donations to the V&CF.

Choose one of the following:

 Option 1 - Sign up via Kilter by scanning this QR code or visiting kilterrewards. com/events/ american-



legions-100-miles-for-hope

■ Option 2 – Sign up via Emblem Sales. This option is advised for those who do not have a smartphone, or for those who want to sign up multiple family members, such as minor children or grandchildren. This option does not allow activity tracking.

Get your swag Visit Emblem Sales to review and purchase commemorative gear.

Learn about V&CF Proceeds from registrations, donations and Emblem Sales purchases all go toward the Legion's Veterans & Children Foundation, which benefits disabled veterans and military families in need.

Review activities that count This year, participants can engage in any activity that suits them best. The 100 Miles web page lists more than 40 options, including walking, yoga, riding a bike, canoeing and volunteering. You can also manually enter activities like riding a motorcycle or gardening.

Download your bib Download, print and customize your own "race bib" as part of the challenge. The bib's QR code allows you to share the V&CF page with potential donors who may be interested in learning more about the foundation.

Share your journey Post stories and photos on our Legiontown web page at **legion.org/ legiontown**.

@ legion.org/100miles

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AMERICAN LEGION BASEBALL

Rulon award special for Hall of Famer Fingers

Every spring, Rollie Fingers is reminded that he has membership in a special fraternity.

The trip east has become routine, and highly anticipated. Around Memorial Day weekend, Fingers packs his bags and drives from his suburban Las Vegas home to McCarran International Airport. It's the Hall of Famer's semi-annual trek to baseball's hallowed grounds of Cooperstown, N.Y.

Four hours of flight time, 2,200 miles east, and the 1974 World Series MVP heads for baggage claim at Albany International Airport, six miles northwest of New York's capital. A waiting car then drives him 75 miles west, to a place where the game's history goes to retire.

In 2019, Fingers participated in the Annual Hall of Fame Classic, in which a group of Major League Baseball alumni representing each club chooses sides, coached by a handful of Hall of Famers. Team Rollie – steered by Fingers (Class of '92) and fellow Hall of Famer Goose Gossage (Class of '08) selected a dugout in Doubleday Field and were joined by their player picks. (The game ended with a 9-9 tie after 11 innings.)

Before the umpire yelled "Play Ball," Fingers presented the 2018 George W. Rulon American Legion Player of the Year Award to Chris Ludman of American Legion Post 1 in Wilmington, Del.

Arriving at the ballpark that day was especially meaningful for Fingers. Before slipping on a Major League uniform for 17 seasons – years before being a major contributor to three consecutive Oakland A's world championships in the 1970s, and capturing the American League MVP and Cy Young awards in 1981 – Roland Glen Fingers himself earned the Rulon award.

As an 18-year-old in 1964, the honor was huge for Fingers, and his memories of the trip are vivid. "That was definitely a big deal," he recalls. "Up until then, I never did any traveling. George (Rulon) took me under his wing. He told me what I was going to do in Cooperstown, and what a great experience I was going to have."

Under Rulon's leadership, American Legion Baseball grew considerably from 1961 to 1987. The award recipient is chosen based on integrity, citizenship and sportsmanship. Upon Rulon's retirement, the American Legion Player of the Year Award was renamed in his honor.

A star on the diamond for Upland (Calif.) American Legion Post 73, Fingers grew up listening to baseball on the radio, and became a Los Angeles Dodgers fan after his family relocated from Ohio.

Standing shoulder to shoulder with Hall of Famer Bob Feller – who presented his Player of the Year Award on that day in July 1965, with the New York Yankees and Philadelphia Phillies in the background preparing to play the then-annual Hall of Fame Game – is a moment Fingers won't forget.

"As a kid, I was amazed that others knew what I did outside of California. I never would have thought my playing baseball (in Upland) would give me an opportunity to go to the Hall of Fame."

Fingers, who signed with the Kansas City Athletics for a \$13,000 bonus on Christmas Eve 1964, has fond memories of Rulon and American Legion Baseball.

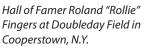
"George was always smiling, and nice to talk with on the phone," he recalls. "He handled all the paperwork in making my trip to Cooperstown fun. Everything about George was professional. The guy loved Legion Baseball like no one else."

As a September call-up during the 1968 season, Fingers made his Athletics debut on the road in Detroit. One of five pitchers who manager Bob Kennedy used in his team's 13-0 loss to the Tigers, Fingers was welcomed to the major leagues by giving up four runs in little more than one inning of work. His uniform was retired by both the A's and the Milwaukee Brewers.

Fingers served in the Army Reserve from 1966 to 1972, and is proud of family members who wore the uniform, too. His father, George Fingers, was a staff sergeant in the Army Air Forces, stationed in the Philippines during World War II. His brother, Gordon, served with the 101st Airborne and received the Purple Heart in Vietnam.

Since the creation of the American Legion Player of the Year Award in 1949, a dozen recipients have gone on to play in the major leagues.

Don Laible is a freelance sports writer living in Ilion, N.Y.





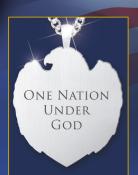
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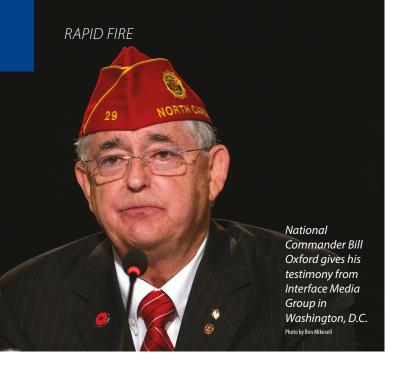
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WASHINGTON CONFERENCE

Oxford shares Legion's agenda with Congress

This year's American Legion Washington Conference was conducted almost entirely virtually, with National Commander James W. "Bill" Oxford providing testimony from a studio for members of the House and Senate Committees on Veterans' Affairs on March 4.

He described how members of the American Legion Family responded during the first few months of the COVID-19 pandemic, conducting thousands of successful Buddy Checks and making a record number of blood donations to the American Red Cross. And when face masks and other personal protective gear were in short supply, "the American Legion Family found them, made them, raised money to buy them for others, and distributed them wherever they were needed – in the hundreds of thousands," he said.

While those efforts didn't replace the Legion's priorities in Washington, they amplified them, Oxford added. He then outlined the organization's legislative agenda, including:

- Reintroduction of the Buddy Check Week Bill of 2020 to designate one week a year for VA as a time for "laser-focused peer-wellness outreach."
- Government accountability for toxic exposure during military service.
- Elimination of the 90-10 loophole that allows for-profit colleges to take advantage of veterans using the GI Bill.
- Reopening the pathway to U.S. citizenship for immigrants who serve in the armed forces.
- Protecting members of the Coast Guard in the event of government shutdown.
- Insisting the federal government reduce its dependence on foreign suppliers.
- A renewed call for a constitutional amendment that would allow states to pass and enforce laws to protect the U.S. flag from deliberate acts of desecration.

Working veterans who earn less than \$31,000 a year, according to AFL-CIO president Richard Trumka, who was keynote speaker at the virtual Veterans Education & Employment Commission meeting March 1. Discussion focused on servicemembers' transition to the civilian workforce and other topics.

"Doctors, nurses and other health-care workers have answered the call of duty for more than a year against this deadly enemy. They have demonstrated courage. They have learned new techniques and equipment in real time. They have made a difference in the lives of millions of Americans."

National Commander James W. "Bill" Oxford, naming VA health-care workers and physicians as recipients of the 2020 Health Care Providers and Physicians of the Year awards. The honors usually go to individuals.



Maj. Gen. William J. Walker
Wikimedia Commons

NATIONAL GUARD HIGHLIGHTS WORK AT HOME AND ABROAD

Maj. Gen. William J.
Walker, commanding
general of the District of
Columbia National Guard,
spoke during the virtual
National Security
Commission meeting about
the Guard's work
throughout the pandemic.

"We've had some of the most challenging times in

my coming-on-40 years of being in the National Guard," Walker told the Legionnaires. Its current mission is supporting the White House's push to get Americans vaccinated against COVID-19.

Brig. Gen. Aaron Dean, the Guard's adjutant general, briefed Legionnaires on the State Partnership Program (SPP), which connects a state's National Guard component with equivalent partners in other countries. These arrangements have built mutually beneficial relationships around the world and currently include 89 allied nations.

CATCH UP ON CONFERENCE ACTION

Watch videos from commission meetings, Commander Oxford's testimony and more: [Segion.org/washingtonconference]

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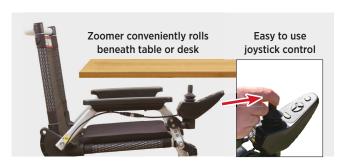


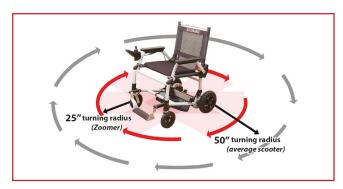


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Boys Nation senator's bill becomes part of NDAA

Legislation introduced at American Legion Boys Nation is now law, as part of the 2021 National Defense Authorization Act (NDAA).

Nathan Wang attended the 2019 Boys Nation following his election as governor of New York Boys State that summer. Participants from 49 states and the District of Columbia join their counterparts from American Legion Auxiliary Girls

Nation in meeting their representatives on Capitol Hill. The senators also pass along bills they've worked on as part of the program.

Wang says he didn't expect his legislation to get attention, but it inspired the Artificial Intelligence Education Act, which will "fund the creation of easily accessible K-12 lesson plans for schools and educators to provide students with the tools, skills and social understanding of artificial intelligence (Al) technologies," according to co-sponsors Reps. Paul Tonko, D-N.Y., and Guy Reschenthaler, R-Pa.

Wang left a copy of his bill at Tonko's office. A month later, one of Tonko's aides called to set up a meeting to discuss the bill, to his surprise.



"I came to Boys State challenging myself to communicate these novel scientific ideas to my peers without diluting their meaning," said Wang, who is studying biomedical engineering and applied mathematics at Johns Hopkins.

"I reminded my audience that work we did at Boys State would go to the New York State Legislature. I didn't treat Boys State as merely an exercise in government, because

I had a very clear goal in mind. Continuing to Boys Nation was an obvious choice, for the opportunity to interact with legislators and its strong reputation."

Wang is working with the National Academy of Inventors on an open letter to Congress that can be signed by U.S. scientists or educators to support AI education.

"In the long term, I believe public service is only meaningful if you can bring expertise in a different field to office," he said. "Thus, before I even consider any elected position, my primary focus will be on making breakthroughs in science. Specifically, I am excited about uncovering the neural mechanisms that can inspire the next generation of AI algorithms."

Andy Proffet

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HONOR & REMEMBRANCE

A solemn centennial

One hundred years ago, tens of thousands of American troops who made the ultimate sacrifice in the Great War returned home. In all, more than 40,000 of the fallen arrived by ship in New York Harbor and were then transferred to burial sites of their families' choosing.

This month, a special event called Homecoming '21 will commemorate the 100th anniversary of the return of the nation's World War I fallen. On May 23, the American Legion departments of New York and New Jersey will participate in ceremonies in their respective states, along with Gold Star Mothers and the National Cemetery Administration.

The ceremonies will focus on the return of the Army transport ship *Wheaton*, which carried the bodies of 5,169 U.S. servicemembers from Cherbourg, France, and Antwerp, Belgium. The war dead came from each of the 48 states, Hawaii and Puerto Rico. They represented almost every unit in the American Expeditionary Forces, and included women, minorities and immigrants. The ship arrived in New York Harbor and docked in Hoboken, N.J., on May 18, 1921.

"The goal of this commemoration is not only to remember the sacrifice of the World War I generation and their families, but to remind Americans of our shared history of service and loss," says Ryan Hegg, one of the event's organizers.

American Legion posts nationwide are encouraged to honor local World War I heroes who returned home on *Wheaton* in conjunction with the May 23 ceremony, or as part of their Memorial Day activities. In fact, many American Legion posts may be named for some of these fallen servicemembers.

Go to **ww1homecoming21.org** for a database that includes the names and locations of the 5,169 fallen.

- Henry Howard



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EDUCATION

Dropping a class? Know changes in Post-9/11 GI Bill benefits responsibility



Q: I am enrolled in a Bachelor of Science biology degree program. While I was registered at the college, the Post-9/11 GI Bill paid my tuition and fees. I am a disabled veteran and suffer from PTSD. There are a few times I have had to drop from a semester due to my illness. When I have dropped courses, VA has sent me a debt letter for my tuition and fees. However, when I provided documentation regarding my illness, VA forgave my debt. I had to drop classes again in March, but this time I received a debt letter from the university. I am uncertain why the school sent me the bill since VA paid my tuition.

A: The method has changed by which VA processes tuition and fee debts when a student drops or terminates enrollment in a school. According to Public Law 116-315, schools will now be financially responsible for benefits paid under the Post-9/11 GI Bill tuition and fees. When students drop their classes, VA will send a debt letter to the school. In turn, the school will send students a debt letter for any tuition debt. If a student drops or terminates one or more courses, he or she should provide the school a "mitigating circumstances" letter regarding the student's illness or reasons as to why he or she needed to drop the course(s). That way, the school may report the student's rationale to VA, which may offset some of the debt.

Valerie Heffner is a Marine Corps veteran and member of American Legion Post 27 in Apache Junction, Ariz. askvalerie@legion.org

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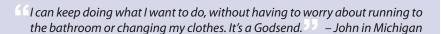
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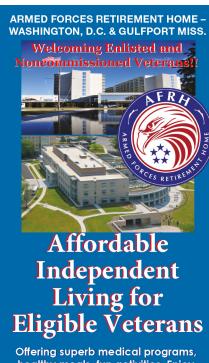
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MEDIA

Tango Alpha Lima podcast hosts name favorite episodes

As The American Legion's Tango Alpha Lima podcast celebrates its first anniversary, we asked the hosts to mark the occasion by naming their favorite episodes. With nearly 50 episodes recorded and published in the past year, there were many great moments from which to choose. To review any or all of the podcasts, visit **legion.org/tangoalphalima**.



Mark Seavey, Episode 45: American Legion Birthday with guest Jeff Stoffer

"My favorite podcast so far was also the easiest to record because we were doing it with American Legion Magazine editor Jeff Stoffer, who in addition to being my former boss for 10 years is also my best friend. Having worked for the Legion for almost 25 years, it is always amazing to me how many stories there are about the Legion, and people just don't know them as well as they ought. But Jeff knows all the stories. For me, serving in an Army unit with a legacy dating back to the Civil War represents how important history is to me."

Jeff Daly, Episode 9: Race and Law Enforcement

"This was an episode where we took on the technical challenges of having three guests, and it was worth it because each one of them brought immeasurable value to the conversation. Autrey James, Hugh Crooks and Sean Powers each contributed in such a way that I can't imagine the episode without each of them. Most important to me was the fact that we had this conversation at all."

Ashley Gorbulja-Maldonado, Episode 41: Moral Injury with guest David Fisher, and Episode 35: Student Veterans with guest Jared Lyon

"Why a tie? I am an advocate for education and mental health. These topics and interviews exposed many thoughts, views, opinions and how we perceive the transition. If you are a veteran seeking an enlightening conversation from boots to books or trauma to triumph, these two episodes are must-listens."

Each episode of Tango Alpha Lima is released by 9 a.m. Eastern on Tuesdays. For access to each episode when it's published, subscribe via iTunes, Spotify, Stitcher and other podcast-hosting sites. You can also subscribe to the Tango Alpha Lima e-newsletter, which contains links to new episodes.

- Henry Howard

legion.org/tangoalphalima

FOREIGN AFFAIRS

Mapping malign activities

The German Marshall Fund has created an interactive online tool that catalogs efforts by the Russian and Chinese governments to undermine democracy in more than 40 countries since 2000. The malign actions are categorized under five broad headings: information manipulation, cyber operations, malign finance, civil society subversion and economic coercion.



So far, the online tool has tallied 116 of

these attacks targeting the United States, 31 targeting Germany, 25 targeting Britain, 20 targeting Canada, and dozens more targeting other countries. Find out more about the nature and number of these attacks at **securingdemocracy. gmfus.org**.

Weird Herb Shocks Doctors With Relief of Leg and Feet Pain, Burning, Tingling, Numbness

6 clinical studies show it is effective. Lost but now re-discovered. Thousands of new users report amazing relief from leg and feet problems in just 30 to 90 days – with no side effects. Available in all 50 states without a prescription.

A re-discovery from the 1600s is causing a frenzy within the medical system. A weird herb has been shown in six clinical studies (and by thousands of users) to be very effective for leg and feet pain, burning and numbness – with no side effects – at low cost – and with no doctor visit or prescription needed.

This weird herb comes from a 12-foot tall tree that grows in Greece and other countries in Europe. In the old days, people noticed that when their horses who had leg and feet problems ate this herb—it was almost like magic how quickly their problems got much better. They called it the "horse herb". Then somehow with Europe's ongoing wars, this herbal secret got lost in time.

"It works for people who've tried many other treatments before with little or no success. Other doctors and I are shocked at how effective it is. It has created a lot of excitement" says Dr. Ryan Shelton, N.D.

Its active ingredient has been put into pill form and improved. It is being offered in the United States under the brand name Neuroflo.

WHY ALL THIS EXCITEMENT?

Researchers have found an herb originally from Greece that has been shown in six placebo-controlled medical studies (543 participants) to be effective and safe. This natural compound strengthens blood vessel walls and reduces swelling to stop the pain and suffering.

Poor blood flow in the legs and feet is one of the common problems that develops as we age. Millions of Americans suffer from neuropathy and chronic venous insufficiency (CVI), edema, and other leg/feet problems – millions have these but are undiagnosed.

Today's treatments don't work for a high percentage of people – and they have side effects that make them hard to tolerate or that people do not want to risk. This includes prescription drugs, over the counter pain pills, surgery and compression.

Already popular in Europe, this natural herb (horse chestnut seed extract) is taking America by storm since it was announced last week.

HOW IT WORKS

Here's why you have pain now: Your arteries have weakened. Your arteries can't carry enough blood, nutrients and oxygen down to your legs and feet. This damages your nerves and causes your burning, tingling and numbness

The herbs in the pill Neuroflo strengthen your arteries that carry blood, nutrients and oxygen to your feet and legs. It improves your circulation so oxygenated blood goes to the nerves and repairs them. This makes your nerves grow stronger so your pain fades away and your legs and feet feel much younger again.

Until now, scientists could not combine these herbs into one pill without losing their full potency, but finally, they have succeeded.

Katerina King from Murrieta, California says, "I had hands and feet tingling and snapping and burning feeling. It made my life very uncomfortable. I had a hard time walking, my legs felt like they each weighed 50 pounds. Once I got in my car and my feet felt so heavy I couldn't even drive the car. With Neuroflo I have no more tingling, cold or burning painful legs and feet. It went away."

WHAT DOCTORS ARE SAYING

"Now I finally have a natural solution I can recommend to my patients who suffer from leg and feet problems and pain. I'm delighted because previous treatments were not effective, but Neuroflo has worked for every one of my patients with no side effects" says Dr. Eric Wood, N.D.

Dr. Ryan Shelton, N.D. says "This is new and different. It works for people who've tried many other things before. It is natural with no side effects. Don't give



up hope for your leg and feet pain, burning, tingling and numbing. This pill is working for countless people after other treatments have failed them. I highly recommend it."



RE-DISCOVERED LEG AND FEET PROBLEM SOLUTION: In Greece in the 1600s, this herb was originally called "horse herb" because it was fed to horses with ailing legs. It has now been re-discovered and is giving soothing comfort to Americans who have leg and feet pain, burning, tingling and numbness.

"Neuroflo is a terrific choice for people with leg and feet issues. The clinical trials in support of this herb show it is very effective for safe and fast relief," said Dr. Wood, a Harvard trained doctor who has appeared on award winning TV shows.

Now you can get a good night's sleep - peaceful, restful sleep - with no pain, tingling, zinging, itching or zapping. Improve your balance and coordination. No side effects - safe to take with other medications. Enjoy your favorite activities and hobbies again. Be more active, have more fun, enjoy life more. Don't risk damage to your feet and hands. Don't let it get dangerously worse.

Neuroflo is GUARANTEED to work for you – or you will get full refund with a 90-day unconditional money-back guarantee. It is NOT sold in stores. No prescription or doctor visit is required.

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This is the official release of Neuroflo in the state. Therefore, everyone who calls within the next 10 days will receive up to 50% OFF their first order. A toll-free hotline number has been set up for local readers to call for up to 50% OFF savings. The number will be open starting at 7:00 am today and only for the next 10 days.

All you have to do is CALL TOLL-FREE **1-800-515-9986** and provide the operator with the special discount approval code: **NEF158**.

Important: Due to Neuroflo's popularity and recent media exposure on ABC, CBS and FOX NEWS, phone lines are often busy. If you call and do not get through immediately, please be patient and call back. Those who miss the 10 day deadline for up to 50% OFF will have to pay more for Neuroflo.

PERSONAL FINANCE



Take a cue from these investors' habits



I've always told my kids to follow their gut feelings and do what they think is right, regardless of what their friends and peers are doing.

That's not always the best advice, though. A lot of folks out there are doing some smart stuff financially. Recently, I read "How America Invests," a paper from the investment

management giant Vanguard. It looked at affluent investor households – those with \$500,000 of Vanguard-held investments outside any sort of company retirement plan. This group of roughly 800,000 investors seems to be doing something right.

After I dug into the details of the report, it was clear to me that we can learn quite a bit from these investors' choices. Here are six takeaways:

- Affluent investors held roughly 20% of their stocks in companies outside the United States. It can be easy to stick with what we know. Your portfolio may reveal a home-country bias. Unfortunately, ignoring the rest of the world can result in a lack of diversification and missed opportunities for potentially bigger returns.
- At every age, these investors used stocks as a long-term approach. Even those in the 55-to-64 age group retained a robust portfolio of stocks 65% in their portfolios, considering them a key component. Yes, stocks are a long-term choice and not right for every situation or goal, but historically they have outpaced inflation. That alone could make them an evergreen holding in yours.
- They aren't making big bets on single companies. With all the headlines regarding huge returns of one security or another, it can be tempting to make a bet on a single company. The data from these investors indicates they haven't succumbed to this particular temptation. The average allocation to a single individual security was around 5%.

While these investors may not see their portfolios quadruple in the very short term, they seemed to be positioned for the long haul and are avoiding the specific risk associated with putting all their eggs in one company's basket.

- They are mindful of the tax man. In these investors' portfolios, the allocation to fixed-income or bond investments within traditional IRAs was nearly twice that of allocation to those same income-producing investments in Roth IRAs. This group is cognizant that location of investments matters. The potential to grow an account tax-free may have tilted their choice of assets in Roth accounts.
- They aren't day trading. In recent months, we've read a lot about the uptick in day traders. While that approach might work for some (and certainly won't for others), this group of investors is taking a more staid and proven approach. Over the five-year period surveyed, roughly 70% of these investors traded fewer than six days a year.
- These investors are not swayed by headlines. If ever there was a testing time for investors, it was early last year. The onset of the pandemic, turbulent markets and general uncertainty combined to make things difficult. Not surprisingly, the investors surveyed didn't let the noise deter them. In fact, the stocks in their portfolios remained stable from December 2019 to June 2020. It doesn't appear that headlines of the day were translating to potential investment missteps. They kept their emotions in check. Furthermore, the average equity allocation remained nearly constant.

I'm not saying it's wise to follow the crowd, but in this case, there are some valuable lessons to be learned from how this group of households is handling finances.

J.J. Montanaro is a certified financial planner with USAA, The American Legion's preferred provider of financial services. Submit questions for him online.

legion.org/usaa/focusonfinances

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THE MOST COMMON QUESTION POSED TO ME BY MEN:

Male Enhancement Pills... Do They Really Work?



Well, unfortunately, there are not many Natural Male Enhancement products that live up to their hype, but one of my readers recently emailed me about a new RED pill that blew his (and his partner's) mind. After a little research on my end, I feel compelled to share this with the rest of my subscribers. Please read on ...

TO: Seaver, Steffanie
Red Hot Pill Partner Reaction Challenge

Today at 7:54 AM

Dear Steffanie,

I recently received a sample for a new male enhancement product, MAXODERM POWER SURGE, in the mail. I've tried a few of these natural alternatives (not that I have a real problem) and I'm a relatively healthy male - but what guy WOULDN'T want an extra boost every now and then with that special someone? Well, most of the time, results from these products are somewhat underwhelming, but the moment I received this sample, I knew something was definitely different! First, this pill is RED, actually a sort of luscious red that you don't ordinarily see. Second, and more importantly, the sample came with an interesting letter from the manufacturer. The letter didn't make any ridiculous claims of how many inches I was going to gain, but it did make a rather bold statement that I could not get out of my head, one that intrigued me to the point I had no choice but to try this new red pill. Here's what the letter said, verbatim:

" ... take our "Partner Reaction" Challenge, simply use this FREE sample 30 minutes prior to engaging in sexual activity and TAKE NOTE OF YOUR PART-NER'S REACTION! That's correct, don't believe our rhetoric, let your partner's reaction tell the real story - we CHALLENGE your partner NOT to show a reaction to the drastic difference in your performance. We're so sure that you're going to agree, we're GIVING AWAY A FREE 3 MONTH SUPPLY to the best testimonials we receive. Simply send us a paragraph or two describing your partner's reaction to your newfound prowess. We'll post the best descriptions we receive to our website (so keep them "clean"), and if yours is one of them, we'll send you a full 3 MONTH SUPPLY absolutely FREE! (All personal into will be kept confidential.)

I couldn't believe it - these guys were so confident in their product, they were literally saying MY PARTNER WOULD NOT BE ABLE TO CONTAIN HER REACTION to the distinct difference in my performance. THAT'S BOLD! I mean, jeez, it's one thing to - take this pill today, ONE TIME, on your very FIRST TIME trying it, and watch how your partner reacts? I was compelled to try just for the pure principle of it.

Steffanie, all I can say is, they weren't kidding. I didn't tell my wife I was trying it. Literally, in the middle of our "experience," she stopped me and said, "Ok what's going on, what did you take ... " -I couldn't believe it! They were right! She couldn't help but to react! Steffanie, you have to find out more about **this New Red Hot Pill!** Now, every time my wife and I are intimate, she asks me, "Did you take the pill?" - it's crazy but I had to order a 3 month supply! She won't let me go without it!

In fact, here's the phone number for your readers: 1-800-367-2817, or they can go to YourMaxoderm.com to check it out. If they call today, they may still be able to get the FREE SUPPLY with their order like I did.



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How to submit a reunion

The American Legion Magazine publishes reunion notices for veterans. Send notices to The American Legion Magazine, Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206, fax (317) 630-1280, e-mail reunions@ legion.org or submit information via our website, www.legion.org/reunions.

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and e-mail address. Listings are publicized free of charge

Your notice will appear on our Web site within a week and will remain available online until the final day of your reunion. Upon submission, please allow three months for your reunion to be published in print. **Due to the large number** of reunions, The American Legion Magazine will publish a group's listing only once a year. Notices should be sent at least six months prior to the reunion to ensure timely publication.

Other notices

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion. We do not publish listings that seek people for interviews, research purposes, military photos or help in filing a VA claim. Listings must include the name of the unit from which you seek people, the time period and the location, as well as a contact name, telephone number and e-mail address. Send notices to The American Legion Magazine, Attn: "In Search Of," P.O. Box 1055, Indianapolis, IN 46206, fax (317) 630-1280 or e-mail reunions@

The magazine will not publish names of individuals, only the name of the unit. Listings are published free of charge.

Life Membership notices are published for Legionnaires who have been awarded life

memberships by their posts. **This does not include a member's own Paid-Up-For-Life** membership. Notices must be submitted on official forms, which may be obtained by sending a self-addressed stamped envelope to The American Legion Magazine, Attn: Life Memberships, P.O. Box 1055, Indianapolis,

"Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation division. If you are seeking to verify an injury received during service, contact your Legion department service officer for informa-

tion on how to publish a notice.

To respond to a "Comrades in Distress" listing, send a letter to The American Legion Magazine, Attn: Comrades in Distress, P.O. Box 1055, Indianapolis, IN 46206. Include the listing's CID number in your response

Taps" notices are published only for Legionnaires who served as department commanders or national officers.

AIR FORCE / ARMY AIR FORCES

20th Ftr Wing Assn, Colorado Springs, CO, 9/8-11, Ron Obernier, (618) 540-9014, baloo1000@ yahoo.com; 31st TFW (Tuy Hoa AB), Myrtle Beach, SC, 9/9-12, George Bontya, (843) 651-9519, nantkit@aol.com; 435th OMS Enroute Mx Section (Rhein-Main AB, Germany), O'Fallon, IL, 10/6-10, Stanley Miller, (910) 922-4383, flymiller@ mindspring.com; Class 71-06 Columbus AFB 50-Year Reunion, Columbus, MS, 10/22-24, Scott Hein, (928) 710-3573, scotthein@msn.com; Mobile Aerial Port Sqdn (MAPS), Wheeling, WV, 7/23-25, Mark Bishop, (304) 280-2648, abishone@ comcast.net; Nuclear Wpns Technician Assn (NWTA), Tucson, AZ, 9/16-18, Janice Miller, (325) 650-1854, garjans@suddenlink.net; Ramey AFB Historical Assn, Aguadilla, Puerto Rico, 5/18-22, Joyce Lanier, (309) 698-9695, mrzip@mtco.com

ARMY

1/52 & 7/6 (Bamberg, Germany, 1972-1990), San Antonio, 11/10-14, William Burt, (507) 696-8429, Imjwrb@msn.com; 3rd Bde 82nd Abn Div (Vietnam), Pittsburgh, 9/8-12, Richard O'Hare (804) 338-8222, gbc82abnvn@aol.com; 5th Bn 42nd FA (Vietnam, 1967-1972), Las Vegas, 10/14-17, Dallas Landrem, (575) 635-8083, slandrem@ aol.com; 8th Army Korea (All Divisions & Units), Pigeon Forge, TN, 8/13-15, Daniel McPharlin, (925) 308-4337, koreacoldwarveteran@gmail.com; 14th Cav, Crystal City, VA, 9/1-5, Jim Dunivan, (913) 364-4107, president@14cav.org; 31st Cbt Eng Bn (Vietnam), St. Roberts, MO, 9/29-10/2, Phil Douglas, (573) 336-3355 p47douglas@comcast. net; 39th Cbt Eng Bn, Dayton, OH, 9/29-10/2, William Ray, (817) 239-0787, bill39th@sbcglobal. net; 77th FA Rgt, Colorado Springs, CO, 9/16-20, John Moran, (937) 361-1333, johnjanmoran@woh. rr.com; 88th Trans Co (An Khe, Vietnam), La Porte, IN, 5/13-16, Butch Weston, (219) 363-5374, rhonda_weston@yahoo.com; 101st Abn Div Vietnam Vets, Branson, MO, 8/25-29, Ron Long,

(310) 977-4253, ronlong71@msn.com; 101st MP Co 101st Abn Div (1944-2004), Oak Grove/Fort Campbell, KY, 10/15-17, Ron Peck, (989) 529-0028, ron.peck2021@outlook.com; 121st Avn Assn 121st Avn Co, 121st AHC, 93rd Trans Co (Soc Trang Tigers and Vikings), 80th Trans Det (Avn Maint) & Attached and Supporting Units (Da Nang & Soc Trang, Vietnam), Columbus GA, 9/16-18, John Schmied, (352) 633-0541 johndschmied@yahoo.com; 213th ASHC "Black Cats of Phu Loi," Omaha, NE, 9/19-24, Larry Brockman, (402) 499-9119, brocky287@gmail.com; **566th Trans Co,** Pigeon Forge, TN, 4/27-5/2, Hoss Taylor, (904) 335-7402, vietnam566th@yahoo. com; D Co 3/21 "Gimlets," 196th LIB Americal Div (Jan 1970-Nov 1971), Nashville, TN, 11/7-10, Dennis Whittaker, (408) 255-8527, denwhittak@ aol.com; Grumman OV-1 Mohawk Aircraft, New Orleans, 9/15-18, Paul Jacobsen, (763) 493-2428, pej@reagan.com; Old Guard Assn (3rd Inf Rgt), Arlington, VA, 9/15-19, Mike Winter, (619) 571-7204, theologuardassociation@gmail.com; Ranger Muster/Rendezvous, Columbus/Fort Benning, GA, 7/19-23, Joey King, (615) 485-1616, joey.king@ranger.org

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MARINES

2nd Bn 4th Mar, Fort Lauderdale, FL, 8/4-8, Pete Gannon, (954) 648-7887, diverplus@aol.com; 5th Mar Div, Arlington, TX, 5/12-16, Tom Huffhines, (813) 810-4241, thuffhinesfmdareunion@gmail. com; 38th & 39th OCC/TBS (Mar-Apr 1966), Las Vegas, 10/25-28, Jack Sheehan, (401) 255-0387,

jacksheehanjtown@me.com; A Co 1/26 (1968-1969), Quantico, VA, 10/13-16, Dennis Buschle (315) 354-3597, pdbuschle@icloud.com; ANGLICO Assn (All Eras), San Diego, 10/7-10, Reginald Owens, (760) 212-1520, wens.reginald33@ gmail.com

NAVY

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Post 60, MD: Shirley "Lee" Luby

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CASU 8 (South Pacific, 1943-1945), Joseph Aboussleman, (408) 247-0923, navyjoe25@ mail.com

Satterlee DD 626 (1943-1950), K.B. Smith, (479) 295-0839, sliderule@arkansas.net

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TAPS

Richard A. Johnston Sr., Dept. of New York. Nat'l Sec. Cncl. Memb. 1997-2021.

Darwin Krieger, Dept. of Michigan. Dept. Cmdr. 2003-2004, Nat'l Exec. Cmte. Alt. Memb. 2007-2009, Nat'l Citizens Flag Alliance Dept. Chmn. 2005-2007, Nat'l Exec. Cmte. Memb. 2009-2011, Nat'l Internal Affairs Cmsn. Liaison Cmte. Memb. 2009-2011 and Nat'l Sec. Cmsn. Memb. 2004-2009.

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The trouble with being punctual is that nobody's there to appreciate it.

A GERMAN SHEPHERD went to the telegram office, took out a blank form and wrote, "Woof. Woof. Woof. Woof. Woof. Woof. Woof. Woof." The clerk examined the paper and politely told the dog, "There are only nine words here. You could send another 'Woof' for the same price."

"But," the dog replied, "that would make no sense at all."

GEORGE WASHINGTON never told a lie, but he never had to file a Form 1040.

WHY DO hurricanes get such lame names? Name that thing "Hurricane Death Megatron 9000," and I guarantee folks will evacuate.

WHAT'S the leading cause of dry skin? Towels.

WANNA hear a joke about construction? I'm still working on it.

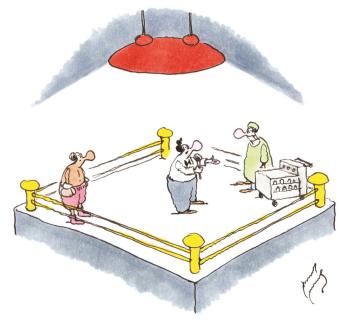
IT'S MY wife's birthday next week, and I asked her what she wanted as a present. "Oh, I don't know," she said. "Something with diamonds." That's why I'm giving her a pack of playing cards.

A GUY goes door to door looking for work. One homeowner hands him a brush and a can of paint and offers him \$150 to paint his porch.

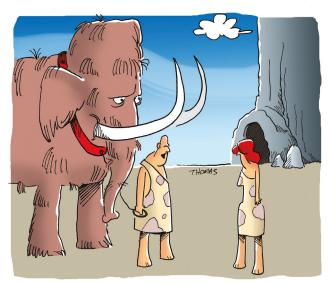
A few hours later, the guy comes back to the homeowner and says, "I'm finished. But you should know that your car's a Ferrari, not a Porsche."



"I can't believe I got the night off."



"And in this corner, with 240 knockouts, Bill 'The Anesthesiologist' Smith!"



"He's my therapy animal."

I COULDN'T WORK TODAY because of an eye problem. I just couldn't see myself working.

ONE DAY, refrigerators will take their revenge. They'll burst into your bedroom in the middle of the night, switch on the light, stare at you for a few minutes and leave.

HOW DID the cat get first prize at a bird show? Somebody didn't fully close the champion's cage.

"WHEN THEY first introduced bottled water, I thought it was so funny. I was like, 'Ha ha, they're selling bottled water! I guess I'll try it. Ahh, this is good. This is more watery than water. Yeah, this has got a water kick to it.'" – Jim Gaffigan



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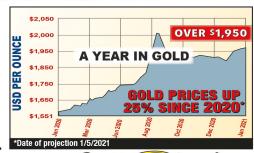
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